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WITCO

2015 is set to be a huge year for Kim Kardashian! With Season 10 of *Keeping Up With The*

Kardashians airing, a book of selfies launched and rumours of another mini-Kimye joining the klan, there's plenty to look forward to!

Inside you'll find a celebration of all things Kim. From her business empire to her family, from her love life to her spats and public fallouts, Kim certainly lives a colourful life. We've even included health and fitness tips and tricks, plus the exercises you **MUST** include in your regime to get Kim's curvaceous body!



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MIB!

Welcome!

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Kim!



KIM KARDASHIAN

34

Kimberly Kardashian was born on 21 October 1980. She's a well-known reality superstar, businesswoman, fashion designer, mother and wife, but her journey to stardom hasn't always been a smooth one.

From a young age, she was photographed in the hottest clubs with her childhood best friend Paris Hilton. She soon became a Hollywood It girl and was famous simply for being famous! And having friends in high places made her a regular on the tabloid scene.

In 2007, she gained real celebrity status when a 2003 sex tape she made with her former boyfriend Ray J was leaked. The tabloids hounded her, and everyone wanted to know who she was!

Later that year, E! premiered the reality TV series *Keeping Up With The Kardashians*, and Kim and her family became stars over night.

In the same year, she posed nude for *Playboy* and appeared on the front cover of the magazine.

Kim's career has gone from strength to strength over the years, making it almost impossible for us to forget her. She has even been ranked as the highest earning reality star in the world, taking home millions per episode!

GREATEST FEUD!

One of Kim's earliest public feuds is with her old friend Paris Hilton. While they were growing up, Paris was at the height of her career and Kim was always in her shadow. The tables were then turned and Kim became more famous, which allegedly caused tension and jealousy in their friendship. When asked in an interview what she thought of Kim's butt, Paris said it was 'gross' and that it reminded her of 'cottage cheese inside a big trash bag'. This caused the demise of their friendship and they were last photographed together in 2009.



BEST MOMENT OF KEEPING UP WITH THE KARDASHIANS:

While Kim has had many monumental moments on the show, there's one moment which will never be forgotten. On a family holiday to Bora Bora, her then husband Kris throws her into the ocean. This act of spontaneity causes Kim to lose a very expensive pair of diamond earrings. She immediately begins crying and screaming that they cost her \$75,000. When her family try to calm her down, explaining they

can be replaced and that 'people are dying in the world', she takes no notice and becomes further irritated and irrational. Her behaviour is extremely comical and ironic as it's coming from a very rich woman who's complaining about losing expensive earrings while holidaying in one of the world's most expensive destinations, and wearing clothes and shoes that most women could only dream of!

RELATIONSHIPS:

Kim was first married at the tender age of 19 to music producer **Damon Thomas**. The union was short lived and lasted three years, ending in 2003.



Shortly after her divorce, Kim went onto date her sex tape co-star **Ray J**. She met him after working for his sister Brandy as a stylist. This lasted two years and ended bitterly, with some saying he was responsible for leaking their home video. He denies this!



She began dating **Reggie Bush**, an NFL running back, in 2007. This was her first taste of a high-profile relationship, and was often aired on episodes of *Keeping Up*. Their on-off romance ended in 2010 after long periods spent apart.



Kim then moved onto basketball player **Kris Humphries**, whom she began dating in 2010. They were engaged within five months, and their marriage set records for lasting 72 days. It was almost a publicity stunt from start to finish, as his proposal was aired on the show. There was also a two-part special of the wedding. Kim filed for divorce due to irreconcilable differences, and later admitted she was caught up in the 'hoopla' of the event and didn't know how to get off the 'roller-coaster'.

While her divorce to Kris was still pending, she began a relationship with long-time friend **Kanye West**. It was later announced the same year at his concert that she was expecting his baby North West, who was born in June 2013. The following year she married Kanye in Florence, Italy.



Kim!

KIM'S CAREER HIGHLIGHTS:



PRE-SEXTAPE Kim worked as a stylist for various celebrities including Brandy Norwood.

2007 *Keeping Up With The Kardashians* first aired.

2007 *Playboy* cover.

2008 Her first role in a feature film called *Disaster Movie*.

2008 A contestant on *Dancing with the Stars*.

2009 Released her first fragrance self-titled 'Kim Kardashian'.

2010 The New York branch of Madame Tussauds revealed Kim's wax figure.

2010 Kim and her sisters released an autobiography titled *Kardashian Konfidential*, which appeared on the *New York Times*'s Best Seller List.

2011 Married and divorced NBA star Kris Humphries.

2012 The Kardashian Collection was launched in stores across the UK.

2013 Gave birth to her daughter North West with American singer Kanye West.

2014 Featured on the cover of *PAPER* magazine, generating considerable attention in both print and digital media.



An onlooker admires Kim's now legendary cover for *PAPER* magazine's Dec 2014 issue



KANYE WEST

37

Kanye has made a name for himself as a renowned rapper, singer, songwriter, producer and fashion designer. He's one of the best-selling artists of all time, and has won a staggering 21 Grammy awards!

He can also add reality TV star to his long list of accolades, thanks to his wife Kim.

Kanye has a reputation for his quirky dress sense, and he has recently released a new line for Adidas. He believes he has paved the way for fashion, and his ideas seem to have rubbed off on his wife with her new-found brazen dress sense!

RELATIONSHIPS:

Kanye's first long-term relationship was with designer **Alexis Phifer**. He proposed to her in August 2006, but they broke up shortly after his mother's death in 2007. Some have suggested that the split inspired his album '808s & Heartbreak'.



He then went onto date ex-stripper **Amber Rose**. Their relationship lasted for over a year, where they were seen at numerous red carpet events, giving Amber immediate celebrity status. After their romance ended, rumours were escalated that Kanye had cheated on Amber with Kim. In a recent interview, Kanye made a snub towards her when stating that if 'Kim had dated him when he wanted there would be no Amber Rose'!

Kim was his next high-profile relationship. They've been friends for years and have both admitted that they wanted to be with each other but were always in other relationships. They finally had their chance after Kim's divorce from Kris Humphries. In 2012, they began dating; in 2013, they got engaged and welcomed their daughter North West; and in 2014, they got married!



Since starting a family with Kim, Kanye seems to have become a new man. He's less intense, and at times he even cracks a smile! His most recent song has been penned about his daughter North, which he believes came directly from his late mother.





NORTH WEST

1

North West's birth wasn't as they had anticipated, arriving almost five weeks early and weighing in at just under 5lb.

Born on 15 June 2013, she was instantly famous and every tabloid in the world wanted the first picture.

As with most decisions Kanye and Kim make, it came as no surprise that the name they chose for their daughter would cause such controversy. Tabloids across the world poked fun, and some even referred to it as the 'worst' name possible! It has been said that close friend and *Vogue* Editor Anna Wintour gave them the idea.

In true Kardashian style, the first photo to be seen of North was debuted on Kris Jenner's talk show by Kanye.

Unlike her sister Kourtney, Kim chose not to air the birth on *Keeping Up*. She had said at the time that she was respecting the privacy of her child and boyfriend.

North has already taken after her parents by developing a true fashionista persona. She's often seen at the front row of fashion shows dressed top to bottom in dedication to the designer!



Here she's seen with Kim and Kanye at the Givenchy show during Paris Fashion Week. Her outfit seems to have been made especially for her to match her mother.

North is rarely seen out in public without co-ordinating with her famous mother. Wearing matching outfits, the duo look camera ready at all times. Nori has even adopted her mother's famous sleek-back style, looking like a mini-me version!

Kim's *FAMILY*

Kim is a family person; it's her nearest and dearest that mean the most to her!

Keeping Up With The Kardashians propelled Kim into the Hollywood A-List stratosphere, and it took many of the other Kardashians with her. Since 2007, we've witnessed this family of stars grow up, get married, hit some highs and ride some lows, but they've always done it in fine style and, ultimately, for our entertainment!

Let's take a look at the main protagonists in Kim's story...



**KOURTNEY
KARDASHIAN**

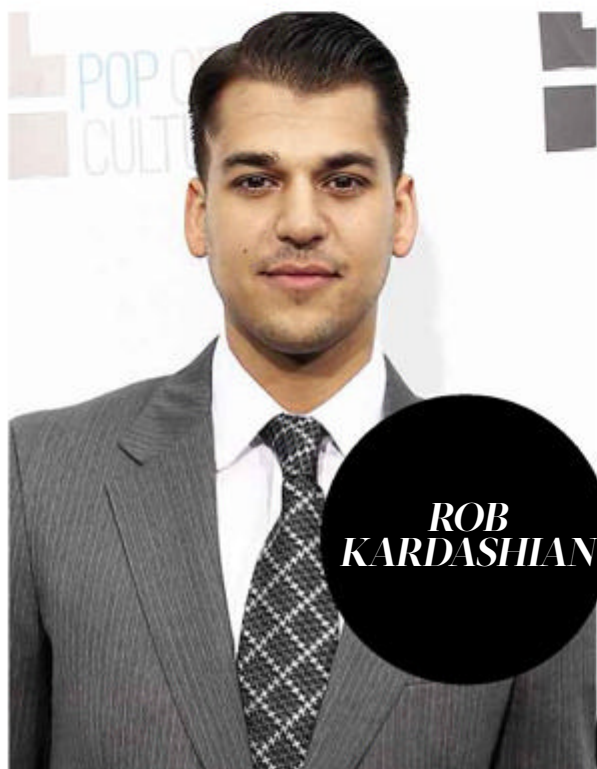


**KRIS
JENNER**



**KHLOÉ
KARDASHIAN**

WY



**ROB
KARDASHIAN**



**BRUCE
JENNER**



**KENDALL
JENNER**

**KYLIE
JENNER**

Family!
←



KRIS JENNER

59 MOTHER AND MOMAGER

She's a renowned businesswoman, television personality, producer, manager and writer, who has built her impressive career on the back of her children.

Kris is also a star of the family's own reality show, *Keeping Up With The Kardashians*. Now in its eighth year of production, each family member has grown over the years to be just as popular as Kim.

Responsible for the success of the Kardashian clan, she has played a dual role in all their lives, as a full-time mother and manager.

She has always referred to herself as their momager and has paid particular attention to Kim's career.



Kris and Bruce during happier times

Kris has always been the dominant matriarch of the family, and her need to always be in control was showcased throughout the show. It was no surprise when they announced in 2013 that they had filed for a divorce.



GREATEST FEUD!

Her greatest feud is with her eldest daughter Kourtney, who has never truly forgiven her for the affair she had while married to her father. Tensions are also rife within the family, as her children feel she has always paid more attention to the success of Kim's career.



Like Kim, Kris has dabbled in plastic surgery, having two breast enlargements, Botox, fillers, face-lifts and extensive work done to her nose.

ROBERT GEORGE KARDASHIAN

1944-2003

Kim's father Robert Kardashian died at the age of 59 after being diagnosed with esophageal cancer.

Kim spoke at his funeral and still claims it was one of the hardest things she has ever had to do.

As viewers, we never got to meet him, as the family rose to fame after his untimely death. Born in LA and of Armenian-American descent, he became popular in his own right by representing OJ Simpson during his famous murder trial.

Robert's death wasn't the first time the family has been rocked by turmoil. After 12 years of marriage, he found Kris in the arms of her toyboy lover and promptly asked for a divorce. This devastated the family, and their eldest child Kourtney still holds her accountable.

The divorce of her parents and losing her father at a young age must have had an effect on Kim, but nevertheless she is a strong, independent woman who has successfully created her own family.

RELATIONSHIPS:

Robert Kardashian
1978-1991

Divorced due to
infidelity on Kris's part.

Bruce Jenner 1991-2015

Divorced due to
irreconcilable
differences.

Corey Gamble

Her new toyboy lover.

BEST MOMENT OF KEEPING UP WITH THE KARDASHIANS:

Kris had taken the very brave decision to film her undergoing cosmetic surgery. She was absolutely petrified, and for the first time we saw her vulnerable side instead of the strong businesswoman before us.



Kris and Corey.



KOURTNEY KARDASHIAN

35

As the oldest sibling, Kim's sister Kourtney has always been the backbone of the family. She is the responsible one who they turn to for advice, and is seen as the level-headed mother of the bunch.

Kourtney's first big break was in 2004 in a reality TV show called *Filthy Rich: Cattle Drive*. It wasn't until 2007 that the family was catapulted into stardom after Kim's sex tape was leaked.

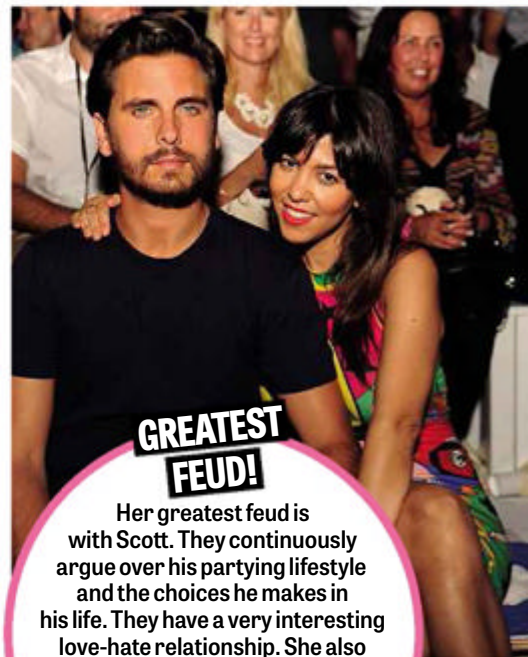
Keeping Up With The Kardashians was bought onto our screens, and the three sisters became ever more popular. Kourtney became a star in her own right by featuring in spin-off shows *Kourtney and Khloé Take Miami*, *Kourtney and Kim Take New York* and *Kourtney and Khloé Take the Hamptons*.

She was also the first of the sisters to undergo plastic surgery by having her breasts enlarged.



BEST MOMENT OF KEEPING UP WITH THE KARDASHIANS:

In true Kardashian style, where nothing is deemed private, we see Kourtney give birth to her first two children by unusually pulling them out herself!



GREATEST FEUD!

Her greatest feud is with Scott. They continuously argue over his partying lifestyle and the choices he makes in his life. They have a very interesting love-hate relationship. She also holds onto residual feelings towards her mother, which can be seen in many episodes of *Keeping Up With The Kardashians*.

RELATIONSHIPS:

Kourtney started dating businessman and promoter Scott Disick in 2006. He has had a regular part in the show including the spin-offs. The portrayal of their relationship has been tumultuous, but they have since had three beautiful children: Mason Dash Disick Born in 2009, Kourtney let us all into the intimate moment by filming his birth for the fourth season of *Keeping Up With The Kardashians*. Penelope Scotland Disick Born in 2012. Reign Aston Disick Born in 2014.





KHLOÉ KARDASHIAN

30

Kim's youngest sister has always been strikingly different. There has been speculation that she isn't the biological child of Rob Kardashian as she holds no resemblance to her sisters. In many episodes of *Keeping Up*, we see this issue discussed as Khloé grows paranoid of how much paler she is, her height difference and her facial features. The media hasn't helped as they constantly refer to her as the 'fat, ugly sister'.

Khloé has more of a rebellious streak than her siblings. In 2007, just as *Keeping Up* began airing, she was arrested for a DUI. She was sentenced to 30 days in prison, but only stayed for a few hours.

She has had her own successful career with spin-off shows *Kourtney and Khloé Take Miami*, *Kourtney and Khloé Take The Hamptons* and *Khloé and Lamar*, featuring her life with estranged husband Lamar Odom.

RELATIONSHIPS:

Lamar Odom 2009-2013
Professional NBA basketball player

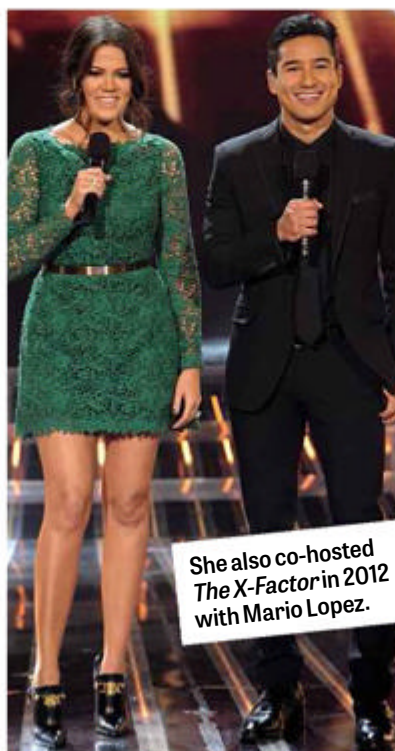
Khloé filed for divorce due to irreconcilable differences. In true Kardashian form, she aptly chose to let the world know on an episode of *Keeping Up*.

After only one month of dating, they got married and he was quickly accepted into the family as well as all the family businesses. Unfortunately, the marriage wasn't to last and it wasn't long before it hit the skids.

Kardashian fans across the world were in shock when Khloé announced their split. They were the picture-perfect couple that could do no wrong. The portrayal of their marriage made most women wish they had a relationship like theirs.



Khloé has since been linked to French Montana, an American rapper.



She also co-hosted *The X-Factor* in 2012 with Mario Lopez.



GREATEST FEUD!

Khloé's feuds aren't as intense as the feuds her sisters hold. She's a free spirit, and even at her lowest we never see her express anger or sadness. She makes the feuds of her family members her own. For instance, when Kim was allegedly flour bombed on the red carpet by PETA, Khloé refused to have anything to do with them and quit as spokesperson.



BEST MOMENT OF KEEPING UP WITH THE KARDASHIANS:

Khloé and Kourtney play a practical joke on Kim's then husband Kris Humphries. They place a snake in his bed and cover his room in toilet roll. The joke very quickly turns against them as they soon get freaked out by the slithering snake!



ROB KARDASHIAN

27

As Kris Jenner's only son, Kim's younger brother has been somewhat spoilt and favoured by the matriarch. He has tried and failed in many business ventures, and he is yet to find his true calling. He has always thought his mother concentrated on the success of his three sisters and knew nothing about how to make him a star.

Through various episodes of *Keeping Up* we see Rob struggling without his father. Although he had Bruce, he still felt like he was missing a male companion. While his sisters had each other, he had to make do with himself.

After finding fame, Rob also branched out on his own. He appeared in Season 13 of *Dancing With The Stars* with Cheryl Burke and came in second. This beat his older sister Kim, who was eliminated in week four in a previous season.

RELATIONSHIPS:

Rob dated Adrienne Bailon, an American actress and presenter for two years when he was in his early 20s. She also featured in early episodes of *Keeping Up*. Their relationship ended drastically as Rob admitted on the show that he had cheated on her.

He was also said to have dated Rita Ora, but she has denied this.



GREATEST FEUD!

His greatest feud is with his mother. They constantly clash on the show, and she doesn't seem to understand him or his needs. His recent weight gain seems to be more of a problem for her, and she refers to him as 'struggling' to anyone who asks.

BEST MOMENT OF KEEPING UP WITH THE KARDASHIANS:

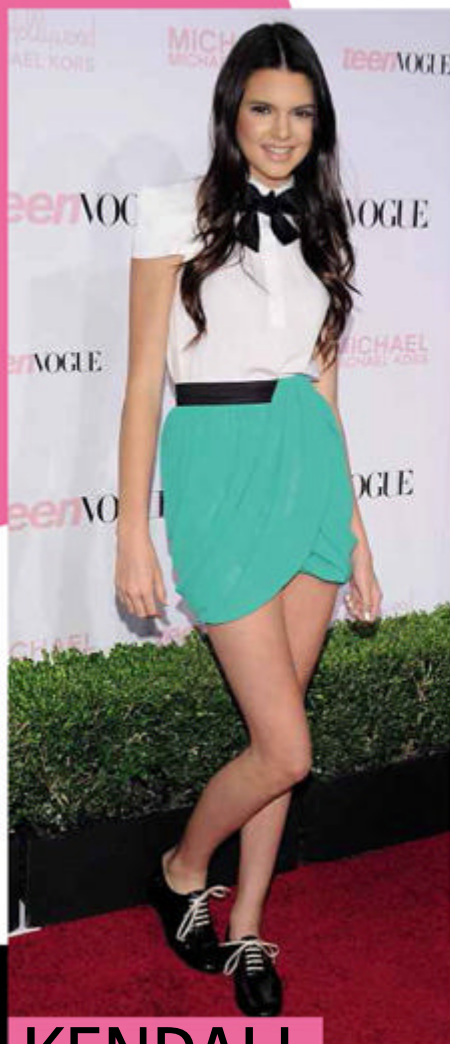
Kris spikes Bruce's coffee with Viagra, which Rob accidentally drinks. He awakes from a nap very confused and baffled due to a very sore erection!



Rob's latest business venture is his sock line titled Arthur George. He named it in remembrance of his father's middle name.



During the last few years, Rob has dramatically gained weight, which has alienated him from his family and fans. He failed to attend Kim and Kanye's wedding, and has refused a larger role in the latest season of *Keeping Up*.



KENDALL JENNER

19

Kim's half-sister and Kris and Bruce Jenner's eldest child, Kendall first appeared on our screens at the tender age of 12. She has since catapulted herself to fame and is now a world-renowned supermodel.

As a celebrity in her own right, she began modelling at 14 after signing with Wilhelmina Models. Her first modelling job was for American clothes store Forever 21.

Kendall has walked the runway for the following high fashion designers:

- Donna Karan • Diane Von Furstenberg • Tommy Hilfiger
- Marc Jacobs • Fendi • Ports 1961
- Bottega Veneta • Pucci
- Dolce & Gabbana • Balmain
- Givenchy • Chanel

Biggest accolades: Kendall is the new global face for Estée Lauder. This year, *GQ* announced her as the coolest woman in the world!



In November 2013, she signed with The Society Management, and walked in New York for Marc Jacobs, Givenchy and Chanel the following year. Soon after, Karl Lagerfeld himself chose Kendall to walk for Chanel in Paris.

Family!



RELATIONSHIPS:

Unlike her older half-sisters, Kendall's relationship status hasn't been open to the public. We hear more about her career and her next modelling job rather than her private life.



KYLIE JENNER

17

Kylie is the second daughter of Kris and Bruce Jenner, and Kim's youngest half-sister.

Kylie was ten when she first appeared on *Keeping Up* and we have watched her grow up.

Although not as successful as her sister Kendall, she has had many accomplishments. With a modelling career of her own, she has walked for Sears, Hello Kitty, Forever 21 and Avril Lavigne's clothing line Abbey Dawn.

Kylie and Kendall are also a hot commodity as a pair. They have co-hosted red carpet events, launched their own clothing line and released a sci-fi novel, *Rebels: City of Indra*.

Kylie's true talent is designing, which she wishes to pursue as she gets older. She designed their novel and also gives her brother-in-law Kanye sign off on his album covers.



RELATIONSHIPS:

Kylie is allegedly dating 24-year-old American Rapper Tyga. She has previously been linked to Will Smith's son Jaden Smith.



Her latest accolade is walking for Kanye's Adidas debut in February 2015 at the Autumn Winter Mercedes-Benz Fashion Week.



It has been alleged that Kylie has had cosmetic surgery on her lips. Over the last year, they've grown considerably, which she has said is down to good makeup techniques. We're not entirely sure we believe her!



BRUCE JENNER

65

Bruce married Kris Jenner in 1991 and became Kim's stepfather.

He shot to fame after he won the gold medal in the decathlon at the 1976 Summer Olympics. He quickly became a national hero and a household name. His face was plastered over cereal boxes in the US and he also tried his hand at acting.

It wasn't until 2007, when the *Keeping up* series started, that Bruce was once again on our screens.

There has been speculation that Bruce Jenner is undergoing a sex change. He was seen a few months ago leaving hospital after having his Adam's apple shaved. His appearance since has also changed dramatically.

This isn't the first time Bruce has experimented with cosmetic surgery. He has had countless face-lifts, nose jobs, lip augmentation and Botox.

RELATIONSHIPS:

Chrystie Crownover 1972-1981
Bruce left her to be with his second wife. They have two children, Burt and Casey Jenner.

American actress Linda Thompson 1981-1984

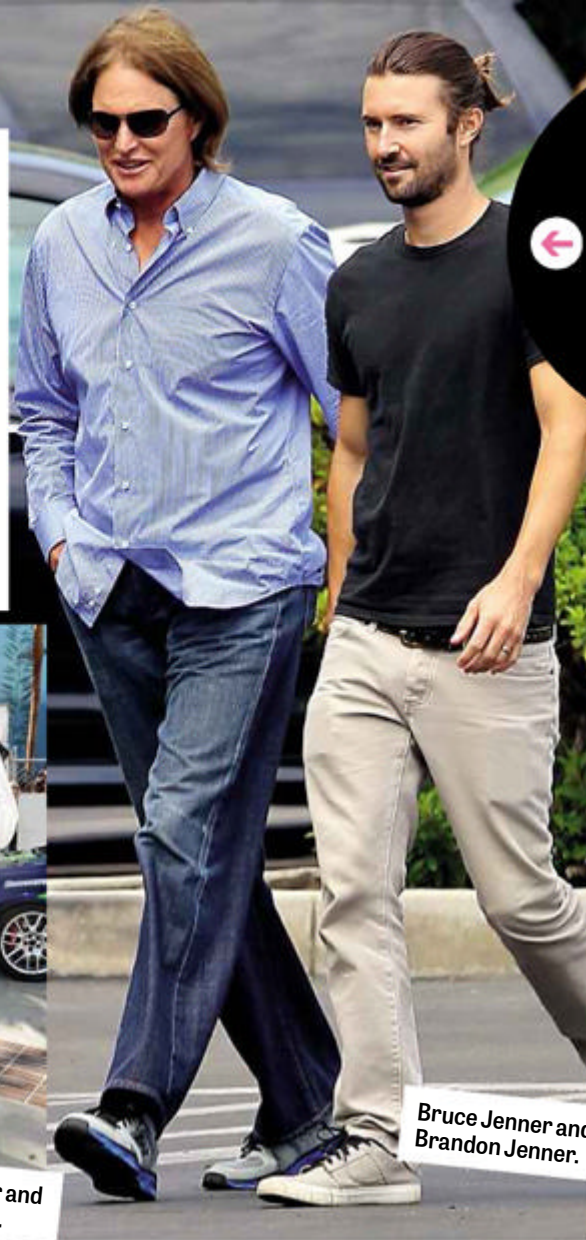
This was a mutual decision as they grew apart. They have two children, Brody and Brandon Jenner, who have both appeared on *Keeping Up*.

Kris Jenner 1991-2015

Kris filed for divorce due to irreconcilable differences. They have two children Kendall and Kylie Jenner.



Bruce Jenner and Brody Jenner.



Bruce Jenner and Brandon Jenner.



THE CHANGING FACES OF BRUCE:



The **MARRIA** *of Kim Kardashian*

A look at the luckiest bunch of men alive...those Kim has dated (and married)!

DAMON THOMAS

2000-2003

Her marriage to Mr Thomas was much more miss than swing. The couple eloped when she was 19 in 2000, and got married at a shotgun wedding in Las Vegas. Unfortunately, the marriage lasted only three years and was dissolved in 2003.

Even more unfortunately, the couple's divorce papers were leaked to the press in 2010, revealing the full – and somewhat gritty – details of the split. Although Kim and Thomas deny each other's claims (so we can never be sure of the truth), her allegations of domestic violence and his claims that Kim is a plastic surgery-loving 'fame whore' (as he told *In Touch* magazine at the time) leave a sour taste in the mouth.



GES

(AND MEN!)

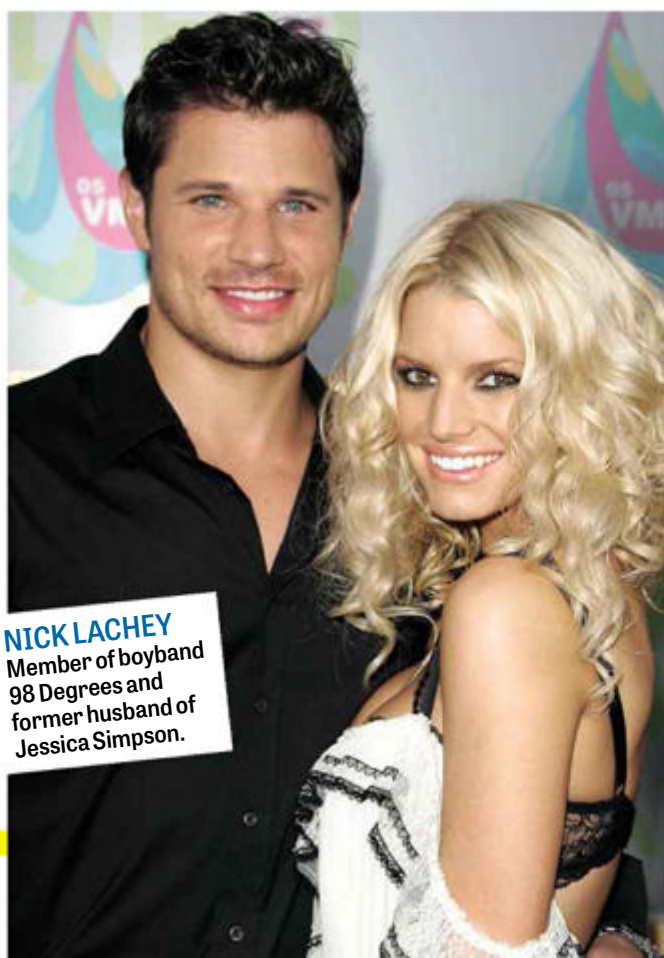
Marriages!

The boyfriends

Between her marriage to Damon Thomas and Kris Humphries, Kim was quite a success with the boys, and notable suitors include:



REGGIE BUSH
NFL superstar.



NICK LACHEY
Member of boyband 98 Degrees and former husband of Jessica Simpson.



RAY J
Crooner/hip hop artist and cinematographer.





1
The happy couple, stepping out early in their relationship.

KRIS HUMPHRIES

2010-2011

Sadly for Kim, her second marriage – to NBA star Kris Humphries – didn't go any better than the first. In fact, you could probably say the opposite – rather than lasting three years, it only survived 72 days!

It began when Kim started dating Humphries in October 2010, and very shortly after (May 2011) they became engaged, with the wedding planned for that August.

A two-part special of *Keeping Up* was planned around it, and the day went off beautifully. Storm clouds gathered quickly, though, and in October 2011 – only a year after the couple started dating – Kim filed for divorce. Various legal wranglings followed, and it was only in April 2013 that the divorce was finalised.



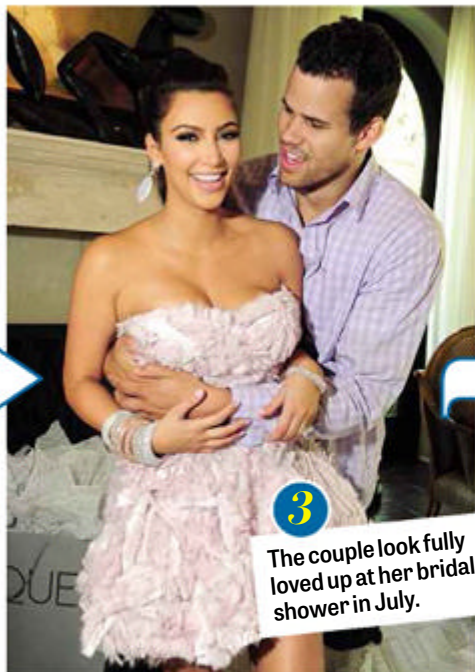
2
With only a couple of weeks to go, Kim goes wedding cake shopping with Kris.



7
Kris looks very emotional as his bride walks down the aisle.



8
The Kardashian clan is out in force, with her sisters given the role of bridesmaids.



3

The couple look fully loved up at her bridal shower in July.



4

It's business as usual as the two Ks attend the launch of the Kardashian Kollection a few days before their wedding.



5

It's the big day, and Kim is rocking some extraordinarily tasteful finger-ware.



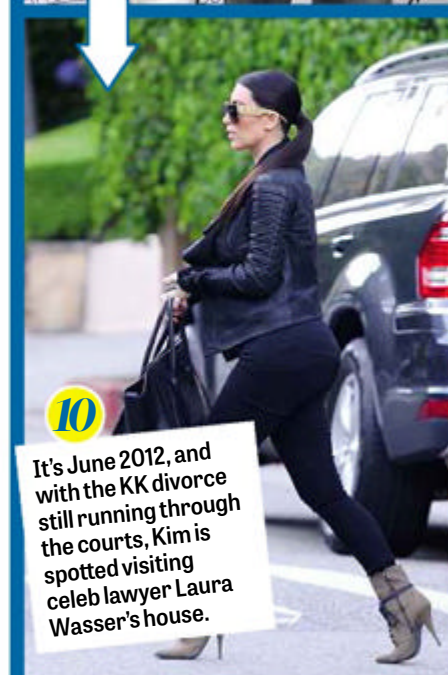
6

Kim looks incredible in a Vera Wang gown, which features hand-pieced Chantilly lace, and a 64-carat Audrey Hepburn inspired headpiece, which set her back a cool \$2.5million!



9

The two Ks celebrate Kim's 31st birthday in Las Vegas. Things look fine on the surface, but Kim's request for a divorce is only days away.



10

It's June 2012, and with the KK divorce still running through the courts, Kim is spotted visiting celeb lawyer Laura Wasser's house.



1

Kanye and Kim (with Kanye's then girlfriend Alexis Phifer) in Los Angeles, 2007. It was to be another five years before they were romantically involved.



KANYE 2012-PRESENT

Before dating in 2012, Kim and Kanye had actually known each other for nearly ten years. They first met when Kim was married to Damon Thomas in the early 2000s, and had bumped into each other on and off many times since.

Kanye popped up in the video for Kim's single *Jam (Turn It Up)*, was spotted disguised behind huge shades having a chat to Kim in the New York D-A-S-H store, and was invited to Kim's 30th birthday party on a yacht in the same city.

Things looked good, but then Kim started dating – and was to subsequently marry – Kris Humphries. Not so good. Nevertheless, only a few months after Kim and Kris split, Kanye was back on the scene, and this time to stay.

In early 2012, the couple started dating, regularly

making public appearances together, and in December of that year Kanye announced Kim was pregnant with his child. In June 2013, Kim gave birth to a little girl called North (or Nori, for short).

Only four months later, Kanye proposed to Kim – and in some style. He rented a baseball pitch, filled it with pyrotechnics and a 90-piece orchestra, and filmed the whole thing for us to enjoy on *Keeping Up!* Naturally, Kim said yes.

The couple married in May 2014 at the Forte di Belvedere in Florence, famously saying their vows in front of a huge wall of flowers. Kim looked stunning in a Givenchy Haute Couture dress, while Kanye couldn't have looked sharper in tailored Givenchy. And they lived happily ever after!



2

A slightly awkward-looking Kanye at the 2009 Mercedes-Benz Fashion Week, New York. Two seats down the line sits Kim with then boyfriend Reggie Bush.



8

North West is born in June, but only makes a public appearance later in the year.



9

Kim and Kanye attend the 2014 GQ awards in London, where Kim won Woman of the Year. They share the red carpet with Lewis Hamilton and his on-off girlfriend Nicole Scherzinger.



3

Looking increasingly comfortable in each other's company, Kanye attends Kim's 30th in New York in October 2010.



4

Kanye disappears for a while when Kim marries Kris Humphries, but when he pops up again the new two Ks look very much an item as they enjoy a spot of go-karting at Paris Fashion Week 2012.



7

March 2013, and Kim's bump is really starting to show.



6

Come December 2012, the couple's body language suggests they may have a secret to share.



5

Through March and May 2012, the couple are increasingly seen together, here taking in a basketball game in L.A.



10

Still going strong in 2015, the two Ks attend a pre-Grammy lunch.



11

Kim and Kanye attend the launch of Kanye's Adidas X collection at the Mercedes-Benz Fashion Week in New York.

Kim's *EMPIRE*

From TV star to entrepreneur, Kim's ever growing Empire is something to behold!

In an amazingly short space of time, Kim has transformed herself from a reality TV star into a full fledged, highly successful businesswoman! Whether it's trashing the web on the cover of *PAPER*'s 'Break the Internet' issue at the end of 2014, launching her seventh perfume, starring in a movie or Super Bowl commercial, or doing her bit for charity, Kim tries her best and usually succeeds (in some style)!

Let's take a look at the empire Kim has built for herself and her family

THE MOVIES & AWARDS!



THE TV!



KRI!

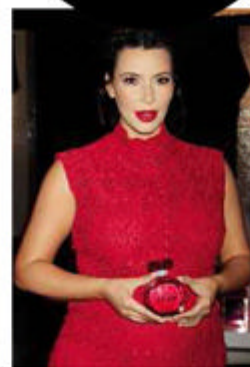
Empire!



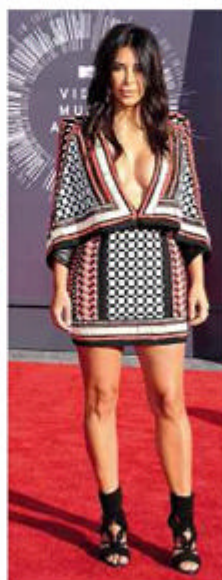
THE BOOKS & MAGAZINES!



THE KARDASHIAN BRAND!



THE ENDORSEMENTS!



THE TV!

Super-stardom was calling, and reality TV was to be Kim's vehicle

KEEPING UP WITH THE KARDASHIANS

2007

The show that truly launched Kim into superstar celeb status launched in the US in October 2007. Produced by Ryan Seacrest, the show follows the exploits of the Kardashian-Jenner family, but focuses mainly on Kim, Khloé and Kourtney. It's now in its 10th series, has given rise to a series of successful spin-offs and made the Kardashian family many tens of millions of dollars.



Kim, Khloé, Kourtney and Rob attend the launch party of the series' first season in October 2007.



TM

Kim's Fairytale Wedding: A Kardashian Event—Part 1. The episode that builds towards Kim and Kris Humphries tying the knot enjoyed one of the highest ratings in the history of the series. The divorce 72 days later caused something of a public backlash, though.



Kim and Kourtney take a break from shooting in The Hamptons, 2014.





KIM AND KOURTNEY TAKE NEW YORK

2011

Kim and Kourtney Take New York is the second spin-off from *Keeping Up With The Kardashians*. Airing in 2011 – and running for two seasons – the series follows the two sisters as they open a number of D-A-S-H stores in the Big Apple. The second series was slightly reworked at the last minute, to focus on Kim's marital issues as she and Kris Humphries' marriage hit the skids.

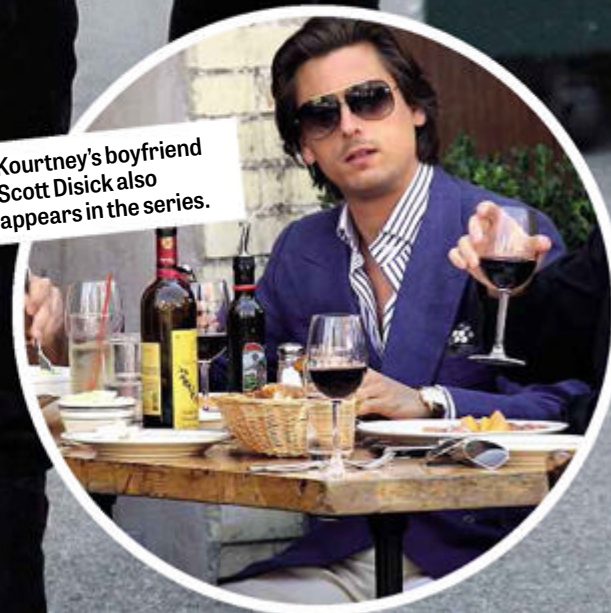


Our protagonists find a bit of time for some shopping during filming...

...and enjoy some sightseeing!



Kourtney's boyfriend Scott Disick also appears in the series.



DANCING WITH THE STARS

2008

Kim starred in series seven of the reality TV show *Dancing With The Stars*. Paired with Mark Ballas, Kim was eliminated third after a fairly average Rumba to James Morrison's *You Give Me Something* in week two, scoring only 17.



Kim and Mark on the opening night of the series, dancing the Foxtrot to the *The Pink Panther Theme*. Not famous for her talents on the dance floor, Kim scored a lowly 19. The writing was probably on the wall.



TV
←

Elsewhere



There's no doubting Kim's main TV focus is *Keeping Up With The Kardashians* and its spin-off series, but she has appeared as herself in loads of other shows including:

- 1 THE SIMPLE LIFE
- 2 HOW I MET YOUR MOTHER
- 3 90210
- 4 LAST MAN STANDING
- 5 30 ROCK
- 6 PUNK'D
- 7 2 BROKE GIRLS

AMERICA'S NEXT TOP MODEL

2009

Kim's strong sense of style, and successful periods styling the likes of Paris Hilton and Lindsay Lohan, earned her the opportunity to be a guest judge on *America's Next Top Model*. An opportunity she grabbed with both hands!



THE MOVIES & AWARDS!

Kim doesn't always appear on TV as herself; she has also acted in quite a few series and movies

DISASTER MOVIE

2008

Kim appears as Lisa in *Disaster Movie*. The film parodies various films of the time, such as *Cloverfield*, and Kim eventually is killed (unceremoniously) by a meteorite. The film doesn't get huge critical acclaim, and receives nine nominations at the 29th Golden Raspberry Awards.



DROP DEAD DIVA

2012

Kim appears on various occasions in the hit comedy and plays Nikki LePree, inventor of the Pake (a weird pie and cake mash-up).





TEMPTATION: CONFESSIONS OF A MARRIAGE COUNSELOR

2013

This feature-length romance/drama follows the story of Judith, an ambitious (but married!) woman who falls for a billionaire businessman and sets off down a path of betrayal, misery and regret. Kim plays Judith's co-worker, Ava, who gives Judith a makeover before she heads off on a business trip with the billionaire, Harley.



Elsewhere

Awards!

**KIM HAS WON
(AND BEEN NOMINATED FOR)
A TONNE OF AWARDS FOR
HER ACTING. HER BIG WINS
INCLUDE:**

2012

Choice TV Female Reality/
Variety Star

2012

Favorite TV Celeb Reality Star

2013

Teen Choice Award Choice
TV: Female Reality/Variety
Star (for Keeping Up With The
Kardashians)

2014

Golden Raspberry Award for
Worst Supporting Actress
(for Temptation: Confessions
of a Marriage Counselor. OK,
maybe this one isn't
so special!)

British GQ 2014
Woman of the Year



2010

Teen Choice Award
Choice Female
Reality/Variety
Star (for Keeping
Up With The
Kardashians)



**Kim's other notable
appearances on the big
and small screen include:**

1

CSI:NY

2

BEYOND THE BREAK

3

DEEP IN THE VALLEY

4

AMERICAN DAD

2011
Choice TV:
Female Reality/
Variety Star
(for Keeping
Up With The
Kardashians)



THE MAGAZINES & BOOKS!

Kim's popularity grows by the minute, and she's constantly asked to feature in magazines and books



The magazine launched at a very swanky affair in Miami on 4 December 2014.



PAPER

BREAK THE INTERNET EDITION

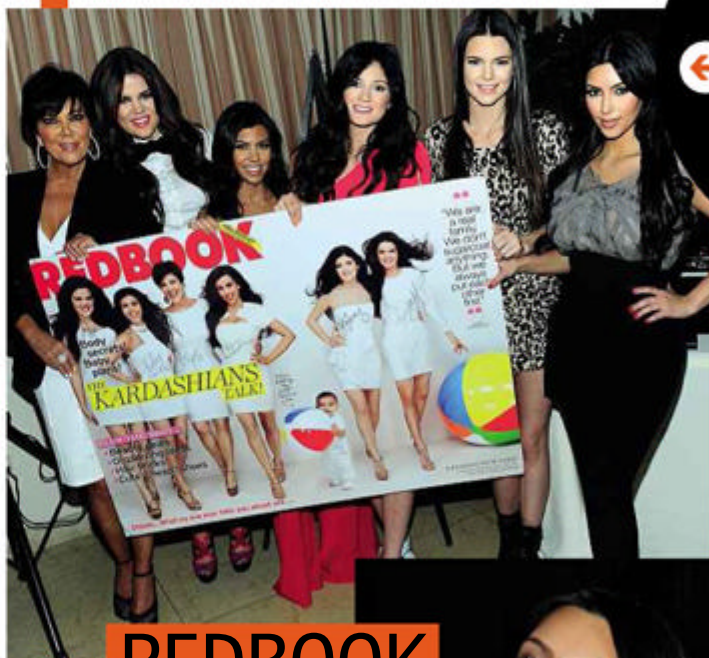
WINTER 2014

Probably Kim's most famous cover model appearance to date, and one that caused an international sensation, saw her don a pair of gloves (and a pair of gloves alone!) and parade the world's most famous bum for *PAPER*'s photographer.

Loads of celebs showed up to support Kim launch the edition, including rapper and singer Brooke Candy.



Kim's tome of selfies entitled 'Selfish' is over 350 pages long, and due to hit the shelves in 2015



REDBOOK

MAY 2011

Redbook magazine celebrated its first family edition by inviting the Kardashian clan to star on the seminal cover. All of the Kardashian ladies were in attendance, and there was even an appearance from baby Mason!

Although heavily outnumbered, Mason flew the flag well for the (entirely absent) males of the family!



Kim and *PAPER*'s co-editor in chief, Kim Hastreiter.



Kim said the best part of the day was being together. The Kardashians have such busy schedules, it doesn't happen as much as they'd like.



PLAYBOY

DECEMBER 2007

One of Kim's earlier forays onto the cover of a magazine, her spread in December 2007's edition is one of the best selling of all time. In 2010, she told *Harper's Bazaar* magazine that she regrets the shoot, but has since changed her mind and, having given birth to her daughter North West, is ready to strip off again. Watch this space!

Elsewhere



Of course, these aren't the only mags Kim has featured in, and the long and distinguished list includes:

- 1 VOGUE
- 2 LOVE
- 3 COSMOPOLITAN
- 4 ELLE
- 5 BRITISH GQ

who even made Kim their 2014 Woman of the Year!



WMB 3D

AUGUST 2011

Another launch issue, and another cover for Kim! This time, she was asked to lead the charge for *World's Most Beautiful 3D* magazine. A revolutionary print and digital mag that allows you to view your favourite celebs in glorious 3D!



The girls obviously had a blast promoting the book's launch...

KARDASHIAN KONFIDENTIAL

2011

Kim, Khloé and Kourtney's first foray into the literary world couldn't have been... pinker! Stuffed with loads of family secrets, beauty tips and fascinating insights into the lives of TV's favourite family, the *Kardashian Konfidential* has since been updated and re-released.



...and were greeted by hordes of fans and press wherever they went!

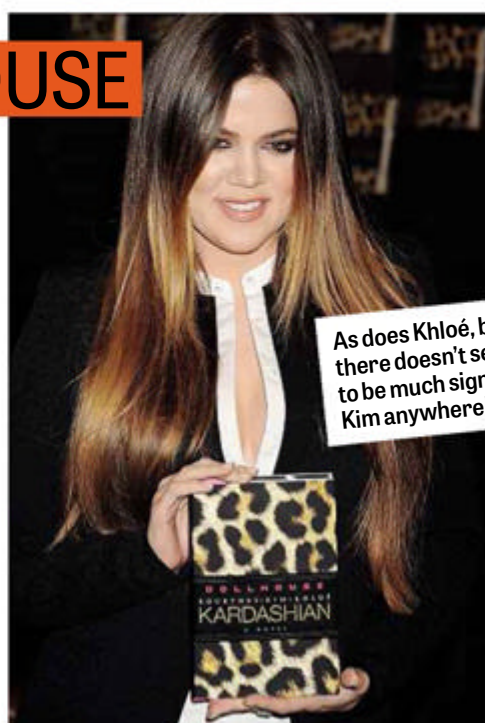


Kourtney seems to be enjoying herself as she signed copies for fans at a bookstore in Los Angeles.

DOLLHOUSE

2011

Kim, Khloé and Kourtney were back for more book fun when they released *Dollhouse* at the end of 2011. The book tells the story of a high-profile family who live life in the LA fast lane (we wonder where they got the inspiration from!?) and features a plot to warn against the trappings of fame and all it brings.



As does Khloé, but there doesn't seem to be much sign of Kim anywhere!

THE KARDASHIAN BRAND!

Whether it's lipstick, perfume, shopping outlets or an app, the Kardashian brand is always looking to exploit new areas



FIT IN YOUR JEANS BY FRIDAY

This trio of exercise DVDs is designed by Kim to help you get in shape and into your tightest jeans. Fast, furious and fun, the DVDs provide a quick exercise injection and target your abs, legs and, of course, your bum!





Kim looks pretty pleased with the collection!



D-A-S-H

This boutique outlet was established by the Kardashian sisters way back in 2006, but is still going strong today. Comprised of four shops, the first was opened in Miami and the latest in Southampton, New York, as a pop-up. The shop sells clothing and accessories, and is often frequented by the Kardashian clan!



Kim showing off her D-A-S-H shopping during filming of *Keeping Up With The Kardashians* in 2013.



Kim struts her stuff in the New York branch of D-A-S-H.

Brand!



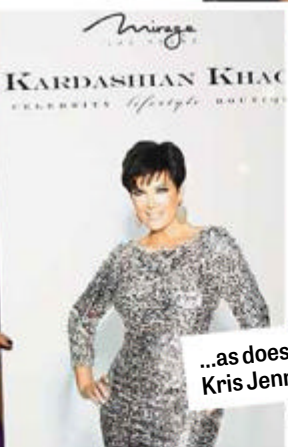
KARDASHIAN KHAOS

Another Kardashian boutique store, this time located in the Mirage Hotel in Las Vegas, dealt in Kardashian-branded accessories. It was used by the family largely for launching products, but closed its doors forever at the end of 2014.

Kourtney makes an appearance at Khaos...



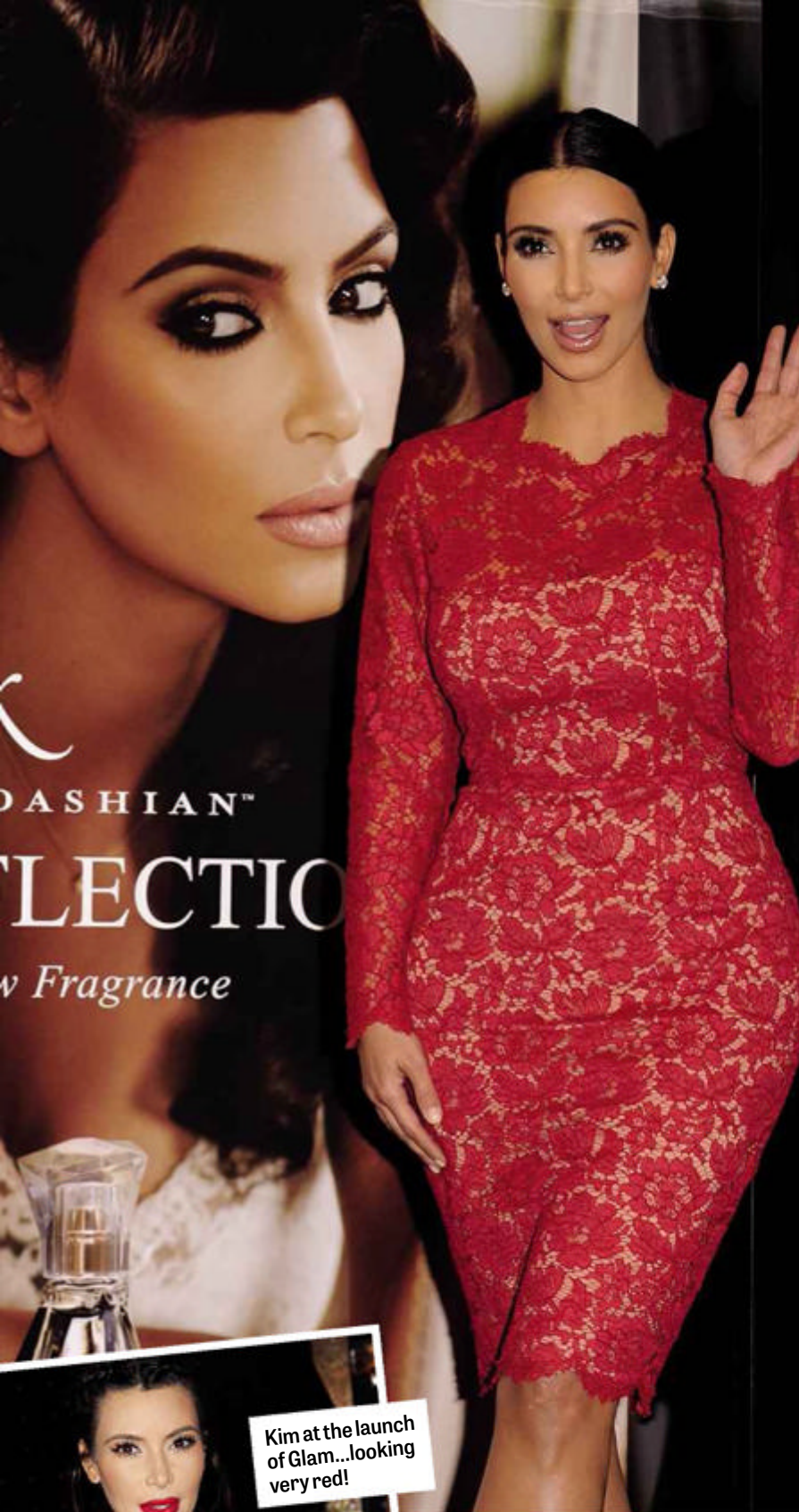
...as does Kris Jenner.



And Kylie and Kendall Jenner also get in on the act, demoing their own beach towels!



Kim attends the launch of her latest fragrance, *Fleur Fatale*, in Melbourne at the end of 2014.



Kim at the launch of Glam...looking very red!

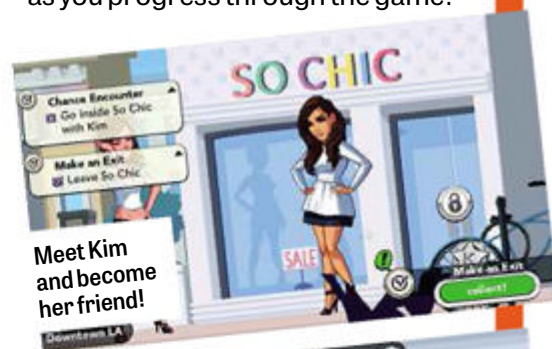
FRAGRANCE

Kim certainly seems a fan of launching perfumes, having produced seven over the years! Starting with a perfume named after herself 'Kim Kardashian' in 2009, we've since seen, among others, Gold, True Reflection, Glam and Fleur Fetale hit the shelves.

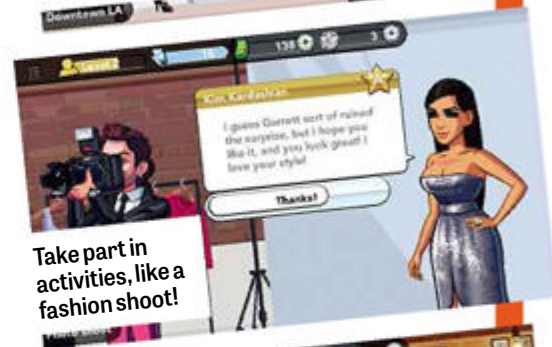


KIM KARDASHIAN HOLLYWOOD APP

One of the huge successes of Kim's career has been the app she released in June 2014. The game revolves around interacting with Kim as you climb the slippery pole that is the social ladder, and was projected to make as much as \$200 million dollars by the end of 2014. We found the game so much fun! Being able to carry your own piece of Hollywood in your pocket never gets boring, and there is a real feeling of achievement as you progress through the game!



Meet Kim and become her friend!



Take part in activities, like a fashion shoot!



Make business decisions, just like Kim!

THE ENDORSEMENTS!

Kim loves giving her support to projects she believes in, and only chooses the finest products to endorse!

SHOEDAZZLE

WWW.SHOEDAZZLE.COM

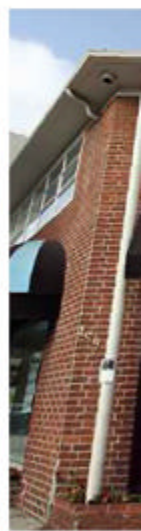
Kim is a joint founder of this pioneering fashion subscription service. For a monthly subscription fee, you get access to a tailored shopping experience, where you can browse for shoes, jewellery and other accessories. The idea is to provide a boutique shopping experience online!



Kim attends the opening of another ShoeDazzle store in the Westfield Century City Shopping Mall in 2010.

FAMOUS CUPCAKES

Kim saw something special in Famous Cupcakes and decided to give them a hand when they launched in 2009. As well as attending store openings, she launched her own cupcake mix, the Kim Kardashian Vanilla Cupcake Mix. Legions of fans have since enjoyed these tasty delights at Famous Cupcakes' two L.A. locations.



BEBE - KARDASHIAN COLLECTION

Known for her A-class fashion sense, women's clothing brand Bebe asked Kim to design a collection for them in 2010. This she did and, although she doesn't endorse the brand today, the timeless collection – with her trademark monochrome twist – certainly stands the test of time.



Kim looks like she's enjoying herself at the Bebe-Kardashians Autumn/Winter 2010 show in New York.



Kim launches her Vanilla Cupcake Mix in February 2010.





Kim launches QuickTrim in London's glamorous Westfield, Shepherd's Bush, in 2010.

QUICKTRIM

Kim and Khloé got behind this weight loss supplement, which was designed to curb cravings, safely burn calories and give you loads of energy. Unfortunately, the product has been discontinued in some countries, but the girls looked amazing while using it.



At the Vogue Foundation Gala in Paris Fashion Week, 2014.



Strutting her stuff at the BET Honors, Washington DC, 2015.



At the Teen Choice Awards, LA, 2014.



At the MTV Music Video Awards, LA, 2014.



At the Cannes Lions 61st International Festival of Creativity, Cannes, 2014.

BALMAIN

Kim has been a fan of French fashion house Balmain for years, and now she's a campaign star for the super luxe outfit! She rarely misses an opportunity to flaunt her latest Balmain look.

Elsewhere



But that's not all Kim loves to promote, and she has also lent her considerable talents (and Kardashian name) to this lot:

- 1 **FAST FOOD CHAIN CARL'S JR**
- 2 **A JEWELLERY COLLECTION FOR VIRGINS SAINTS & ANGELS**
- 3 **THE WAIST GANG SOCIETY WAIST TRAINER**
- 4 **FUSION BEAUTY ILLUMIFILL AND LIPFUSION**
- 5 **T-MOBILE**
Famously during the 2015 Super Bowl half-time ad

Get the LOOK

Discover how to get Kim's sexy figure and dress to impress whatever the occasion!

Get the Kim Kardashian look! We've got bags of advice on how to dress impeccably for any occasion, plus how to style your hair and apply your makeup in true Hollywood style. And, most importantly, we show you how Kim hones her famous curves and keeps herself in perfect shape!

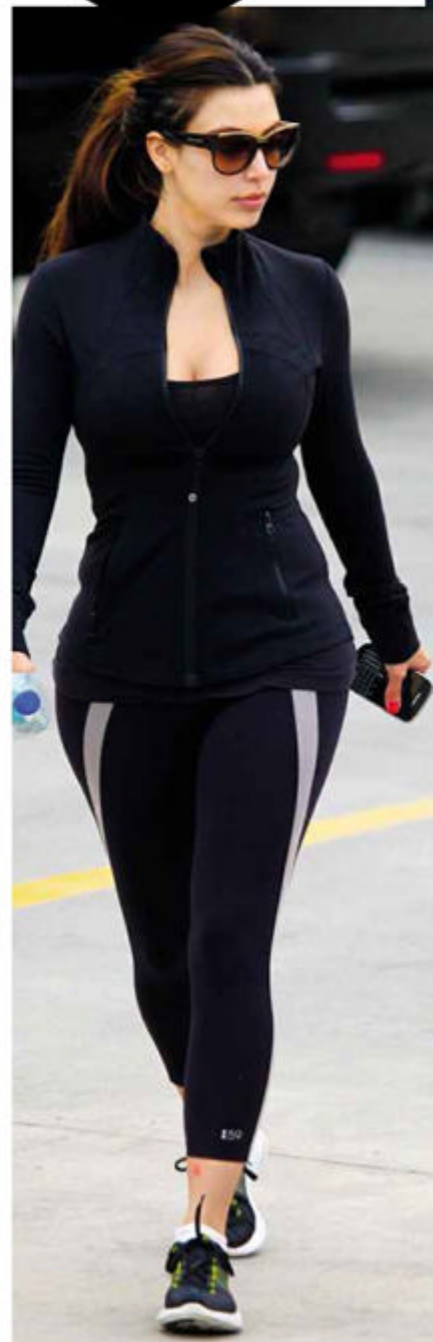


**RED
CARPET
GLAMOUR!**



**KEEPING
IT
CASUAL!**

**GET
READY
FOR THE
GYM!**

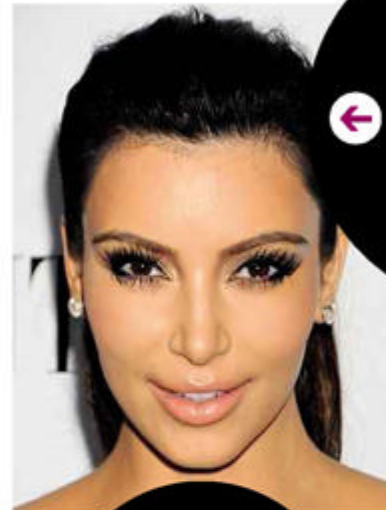




**JET
SETTER
CHIC!**



**FABULOUS
FOOTWEAR!**



GTL!

**MAKEUP
MAGIC!**



**HOW KIM
HONES
HER
CURVES!**

**TAKE
KARE OF
YOUR
HAIR!**

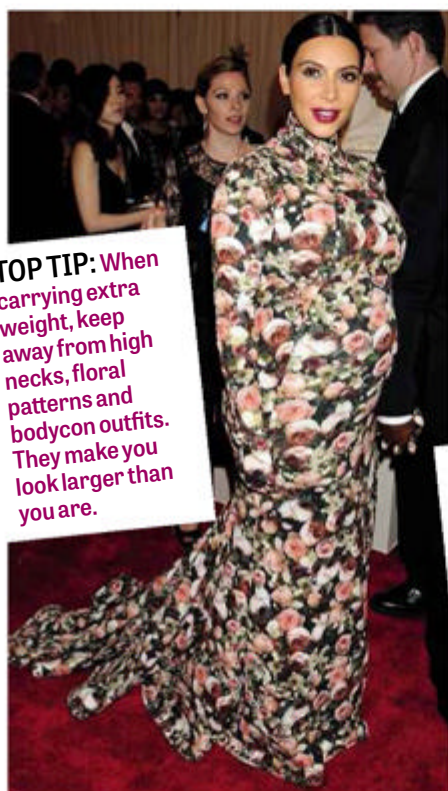


RED CARPET GLAMOUR

"Dress shabbily and they remember the dress; dress impeccably and they remember the woman" – Coco Chanel



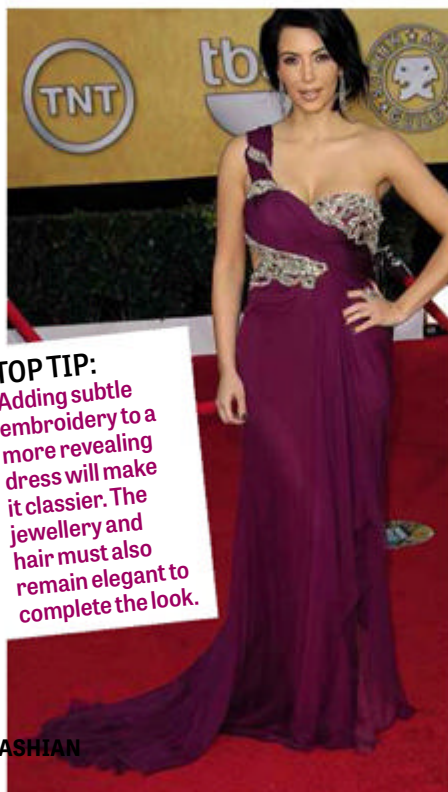
Kim hasn't always got it right when it comes to the red carpet. This Riccardo Tisci dress drew a lot of attention but for all the wrong reasons. It failed to flatter her figure and made her look more frumpy than fabulous. Luckily, her hair and makeup were on point.



TOP TIP: When carrying extra weight, keep away from high necks, floral patterns and bodycon outfits. They make you look larger than you are.



Kim at the Screen Actors Guild Awards wore this beautiful Marchesa gown. The cut very subtly displayed her feminine shoulders and small waist. The embroidery adds a touch of glamour to the outfit for this very prestigious event.



TOP TIP: Adding subtle embroidery to a more revealing dress will make it classier. The jewellery and hair must also remain elegant to complete the look.



TOP TIP: Dressing an hourglass figure can be simple, if you can get it right. Keep it tight from the middle, showcasing a symmetrical shoulder and waist. When you're a guest of honour, you have to ensure that your outfit speaks volumes. It must be remembered, not just on that night but for months to follow!



Kim steals the limelight in this custom-designed show piece to collect her Women of Year award hosted by GQ. This outfit was created to accentuate her curves and will go down as one of her best looks to date. She wears an Atsuko Kudo black latex bustier-style bodysuit with a Ralph & Russo gunmetal skirt.



This heavily beaded Balmain mini dress showcases a very edgy look, which was fitting for the MTV Video Movie awards. The slit at the front and fitted bottom showcase her best features. This look put her in good stead with the other guests at the ceremony.

TOP TIP: Keep your outfit bold when attending a party. When wearing a heavily beaded dress, keep the shoes and makeup to a minimum. Let the outfit do the talking!



This Greek goddess Marchesa gown Kim wore to the Emmys was appropriately chosen for this classy event. With the subtle neckline and chiffon pleating, there was never any doubt that Kim didn't belong. The colour of her outfit and the style choice give her a very serene and sophisticated look.

TOP TIP: Always present yourself at parties and events. If you arrive looking glam and sophisticated, people will treat you this way.



Kim at Elton John's Oscar Party wore this Celia Kritharioti ball gown. Highlighting her minuscule waist and ample chest, this dress put her alongside the elite of attendees.

TOP TIP: If you want to keep it simple, yet sexy and classy, go for red. It always wins!



Keeping it flirty at the Teen Choice Awards. This Balmain pencil skirt and knotted crop top suit her shape to perfection. They highlight her toned abs and calves. The zebra print also adds a touch of glamour to the teen event.

TOP TIP: Always dress with your audience and guests in mind. You don't want to be overdressed or look like you didn't make an effort. With this outfit, Kim will fit in perfectly and still stand out from the crowd.



This Lanvin dress worn by Kim at the Met Gala was her way of making amends. It had to be perfect after the catastrophic floral dress she wore the year before. The slight show of cleavage and thigh-high split make this an unforgettable red carpet look.

TOP TIP: Adding a slit to a long ball gown will make a very sexy outfit. The longer length will keep it looking classy.



KEEPING IT CASUAL WITH KIM

What would you wear on a simple shopping trip if you were the most photographed woman in the world?

Imagine having to stay camera ready at all times in case you're papped visiting the local supermarket! Wearing loose-fitting clothing and an outfit from the day before would be out of the question.

Kim shows us how to do casual and stick to the latest trends.



This simple black T-shirt and skinny jeans add a touch of class and still pass for a casual outfit.



The ripped skinny jeans are bang on trend this season. It creates an edgy look and the fit still makes it pass for a smart outfit.

The short leather jacket and dark glasses are the perfect accompaniment as they complete the biker look.

Kim never fails to add a touch of femininity to her outfit; wearing a nude heel and carrying a large bag covering her mid section makes her appear slimmer.

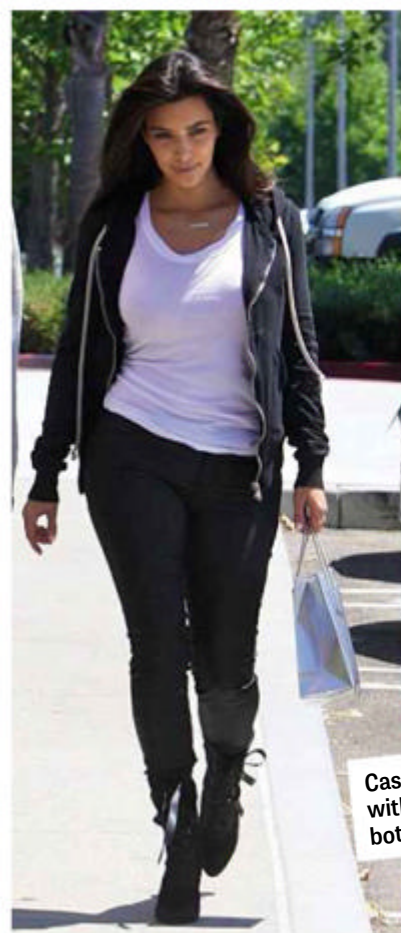




The all-white look can be unforgiving, especially for women with an hourglass figure. If you break it down with a subtle rip and a larger neckline, you draw attention to other areas.



Kim's jean of choice for most of her casual outfits is the skinny jean. They have the power to create an illusion of elongated legs, and a darker shade will also work to create a slimmer outline. If you pair a set of heels with this, you'll triumph with a perfect set of pins! Although the bottom half of her outfit is glamorous, the Yeezus jersey and leather jacket keep the outfit looking contemporary and casual.



Casual top with dressy bottoms.

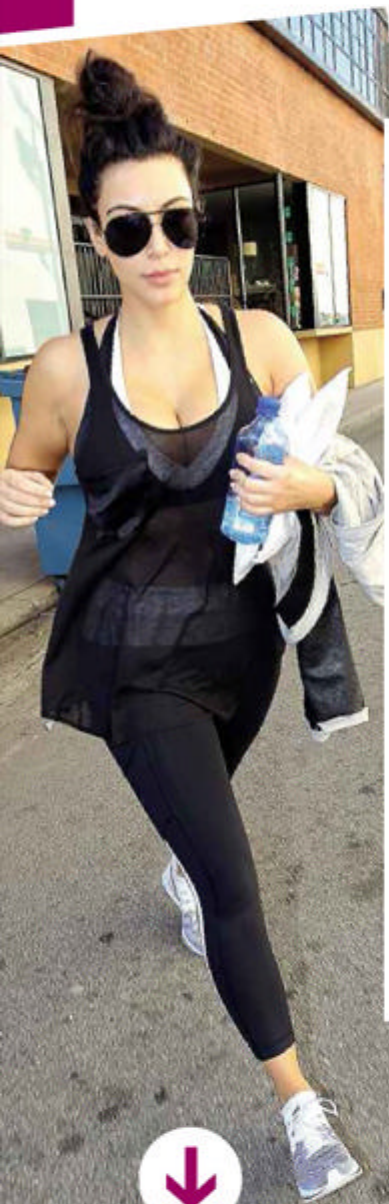


TOP TIPS ON CREATING THE CASUAL LOOK:

- 1 Keep one half of your outfit casual and the other half dressy. This way you still look presentable.
- 2 Wear heels with skinny jeans if you want your legs to look longer and slimmer.
- 3 Wear tops that accentuate your best features.
- 4 Keep it feminine – don't forget to accessorise and add a touch of glamour to the look.
- 5 In the words of Coco Chanel 'I don't understand how a woman can leave the house without fixing herself up a little – if only out of politeness'.

GET READY FOR THE GYM WITH KIM

'Fashion is architecture; it is a matter of proportions' – Coco Chanel



The gym has become a place where women are encouraged to wear outfits to accentuate their favourite assets, and Kim is no exception.

Showcasing her toned hourglass figure, she can teach us all a thing or two about how to dress for the occasion. Gone are the days of baggy sweat pants and ill-fitting T-shirts; our visit to the gym can be another reason for a fashion parade!

Kim's running tights and tank tops accentuate her every curve and highlight her best features. In true hourglass form, she highlights her ample chest and tiny waist.

You too can look and feel your best at the gym; it's about knowing how to dress for your shape.



You don't have to shop at the most expensive stores or adorn yourself in designer brands. High street stores around the world offer the best in fashionable gym wear.

HIGH STREET STOCKISTS:

- 1 PRIMARK
- 2 H&M
- 3 TOP SHOP

- 4 ZARA
- 5 NIKE STORE
- 6 JD SPORTS
- 7 FOOT LOCKER

PEAR

- Pear-shaped women have slender upper bodies and larger thighs and waists.
- The best outfits to wear would be short shorts and tight-fitting T-shirts.
- Shorts will tend to draw attention away from larger thighs, and fitted tops will highlight your smaller upper body.

APPLE

- Apple-shaped bodies tend to have a rounder mid-section.
- Opt for loose-fitting tops and tight workout leggings.
- You have to draw attention to your best feature, which are your legs.
- If you wear loose-fitting bottoms and a loose top you'll look larger than you are.

CHILLI

- Chillis are generally very slender women.
- Your choice of outfit will have to create shape and give you curves.
- Choose lots of prints, padded sports bras and scoop necks.
- This will boost your assets and create more of a fuller figure.

CARROT

- Carrot-shaped women are broader at the top and slimmer from the waist down.
- Keep your choice of colours fuss free and stay away from ruffles in the top half.
- Keep the attention on your bottom half by wearing plain tops with printed bottoms.

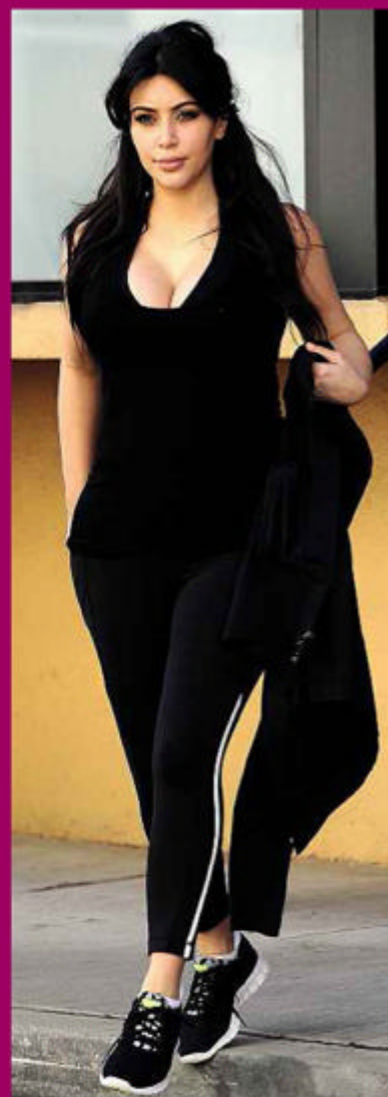
HOURLGLASS

- Hourglass-shaped women have small waists, an ample bosom, and their shoulders and hips are of equal size.
- Stay away from loose-fitting tops, as this will make you look larger.
- Shorter, tight tops, which come in at the waist, will highlight your best feature.
- Ensure you wear a supportive sports bra; a halter neck-style top will also add extra support.
- Tight-fitting leggings will showcase your hips and your bum.

TOP TIPS ON KEEPING YOUR COOL AT THE GYM:



- 1 Go for dark colours. Black works wonders as it always creates a slim silhouette.
- 2 Add a pop of colour to your outfit by wearing white socks, neon laces or colourful trainers.
- 3 Don't forget to accessorise. Carrying a large bag can make you look slimmer.
- 4 If you don't want to be seen without makeup, wear large sunglasses to hide those dark circles.
- 5 Keep your hair slicked back. There's nothing worse than having your hair get in your way.
- 6 If you have an ample bosom, wear the best push-up sports bra money can buy. If you fail to have the correct support, this can lead to back pain as well as droopy breasts.
- 7 Halter neck gym tops provide extra support.
- 8 Sheer tops show off your figure without you having to feel like you're half-naked.
- 9 It's necessary to wear the correct footwear when attending the gym. This will always depend on the shape and arch of your feet.



JET SETTER CHIC

Globetrotter Kim ups the style stakes at the airport

If you were flying first class across the world, in private jets and luxury surroundings, what would you wear?

Kim puts a lot of celebs to shame with the choice of outfits she chooses while travelling. She dresses like a woman who's always on a mission and uses her trips to the airport as her personal catwalk!



This fur jacket adds a touch of glamour to the all-black outfit. She has turned a very simple look into one that is high fashion and camera ready.



This power suit is classy and sexy with a subtle hint of cleavage. She definitely looks like she means business. The shoes complete the look by adding a hint of colour.



The dark sunglasses and red fur trim add superstar status to this look. And her style isn't sacrificed while on mummy duty!



This is a super sleek and sophisticated outfit. Although simple, the cut of the blouse and the matching sash on the trousers make this a very fashionable and smart outfit.



Jet setter!



This would have been quite a dour look had it not been for the sheer top and strappy sandals. These add sex appeal to the simple look.



TOP TIPS ON TRAVELLING IN STYLE:

- 1 Keep your overall outfit simple and add one signature piece, such as a leather or fur jacket. This will make you stand out from the crowd.
- 2 Wear dark shades – these add mystery and also work to hide tired eyes.
- 3 Always wear heels – they can make any outfit look glamorous.
- 4 Stick to dark colours – these are slimming and will be forgiving on long journeys.
- 5 If wearing makeup on long-haul flights is too much for you to handle, try and take care of your hairstyle. There's nothing worse than a bad hair-do while travelling!
- 6 Keep your feet pedicured – you'll have to remove your shoes at customs.
- 7 Don't be afraid to add a little sex appeal to your outfit.
- 8 Always remember 'Simplicity is the keynote of all true elegance' – Coco Chanel.

HOW TO TAKE KARE OF YOUR HAIR

A guide to creating Kim's high impact looks admired by millions

She has made no secret of her weekly hair routine, so here's four days of classic Kim looks:

DAY 1 A simple blow dry.

DAY 2 Dry shampoo - this creates extra volume and texture.

DAY 3 A sleek, straight look with the help of straightening irons.

DAY 4 A ponytail or sleek bun for minimum effort.

SLICKED BACK

This is perhaps one of the most difficult styles to emulate. However, Kim's slicked-back hairstyle allows her beautiful face to take centre stage. If you're brave enough to copy this look, use a strong-hold gel serum to produce a 'wet look'. Then, blow dry your hair away from your face, backwards and behind the ears. To ensure the hair is smooth, use straighteners to complete the look. A strong-hold hairspray will keep your hair in place all day.

Six
of Kim's
most iconic
hairstyles:

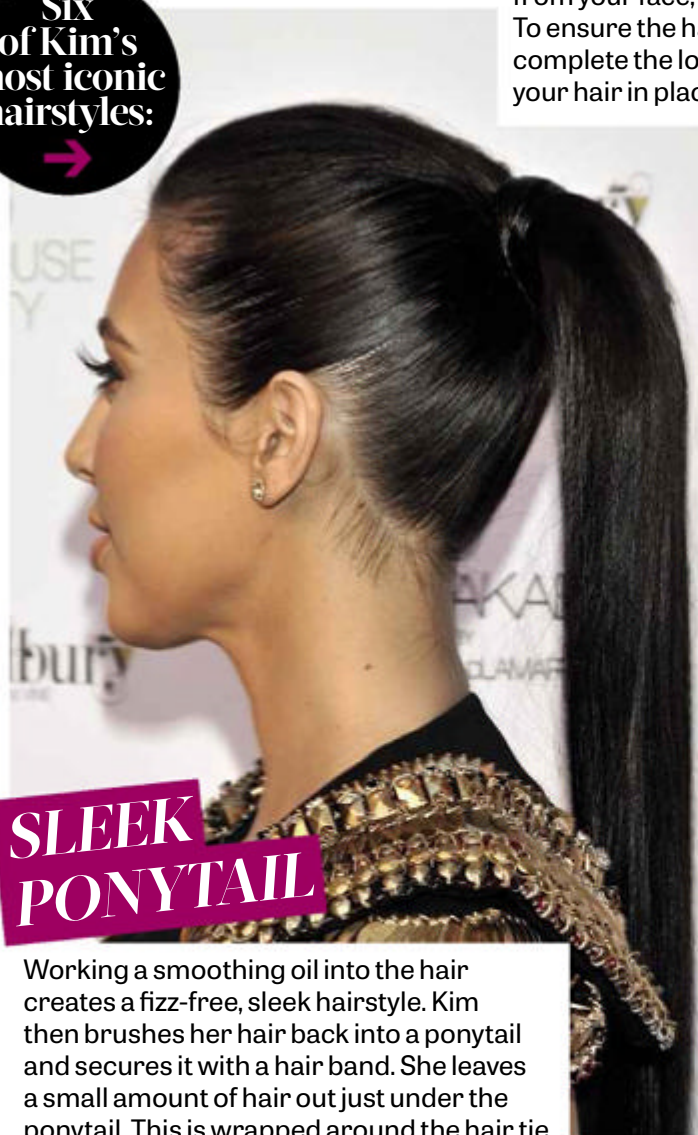


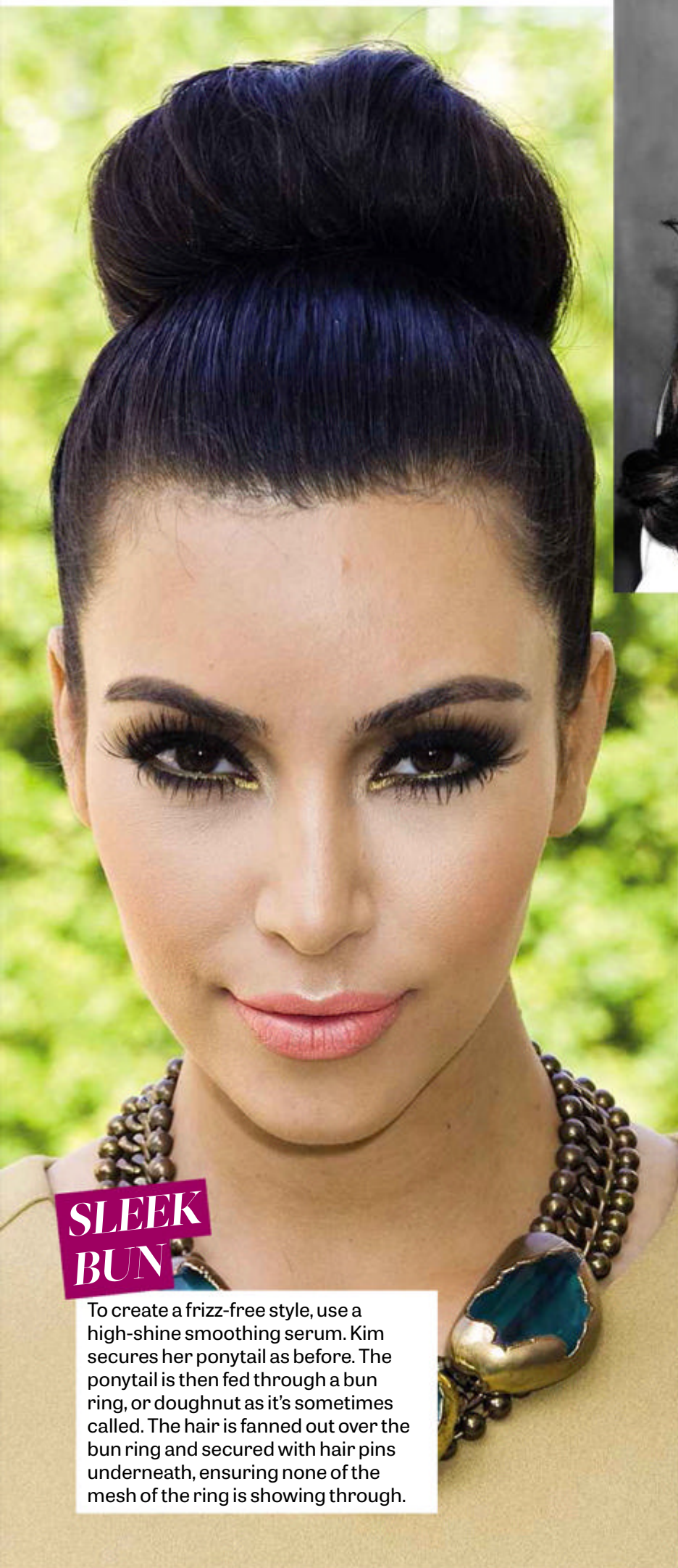
SLEEK PONYTAIL

Working a smoothing oil into the hair creates a fizz-free, sleek hairstyle. Kim then brushes her hair back into a ponytail and secures it with a hair band. She leaves a small amount of hair out just under the ponytail. This is wrapped around the hair tie and secured with a grip.

HEADPIECES

Kim channels her Armenian culture by wearing an array of beautiful headpieces. This look is perfect for summer festivals, worn with your hair long and wavy, or straight and sleek. It's a perfect look for all women and hair types.





SLEEK BUN

To create a frizz-free style, use a high-shine smoothing serum. Kim secures her ponytail as before. The ponytail is then fed through a bun ring, or doughnut as it's sometimes called. The hair is fanned out over the bun ring and secured with hair pins underneath, ensuring none of the mesh of the ring is showing through.



LONG WAVES

Use a large barrel (around 45mm) curling tong to create this look. The hair is then sectioned and twisted around the tong. When all the hair is curled, a good hairspray will hold the Kimmy Kurls in place all day!



FISHTAIL PLAIT

With her raven-coloured locks, the fishtail braid works for both red carpet glamour or casual looks. Kim keeps the look edgy and current by leaving hair loose around her face. In order to create a glossy braid, use a conditioning mask treatment once a week; this leaves hair silky smooth.

MAKEUP MAGIC

Hollywood glamour made easy!

The internet is saturated with YouTube videos and blogs devoted to creating Kim Kardashian's most iconic looks. She is most famous for her heavily contoured bone structure, smoky eyes, beautiful bronzed appearance and fierce, bold lips.



Four
most
popular
looks:



ALL-OVER BRONZED

Although Kim is half Armenian, her olive skin requires some extra bronzing. She has revealed that her all-over golden glow is one of her most important ways of looking good. She is even known for tanning before she goes on holiday.

Kim's advice to all women striving to emulate her look:

BEFORE THE TAN: Avoid deodorants, perfumes or essential oils.

EXFOLIATE: This will remove all dead skin cells and unblock your pores – a body scrub is perfect to ensure you're left with an even tan.

LOTION: Ensure that you moisturise areas where the skin is harder, such as elbows, heels and knees.

APPLICATOR MITT: This will ensure all-over distribution of the tanning product across the body.

CLASSIC SMOKY EYES

Kim uses dark colours to emphasise her hazel eyes, with highly pigmented eyeshadows and shading in the creases of her eye.

According to Kim's very own makeup artist, to play up the drama of Kim's eyes, he uses a darker shade along her eye crease and a really light one to highlight her brow bone. Kim apparently loves wearing golden hues along her bottom lash, and he uses liquid eyeliner 'winged up and out' to complete the look.

Smoky eyes work for every colour and shape of eye

BLUE: Gold/copper colours

GREEN: Grey/plum

BROWN: Navy and grey

• The secret to a beautiful smoky eye is to choose three different shades of each colour: a lighter colour, a medium base colour and a darker, more dramatic shade.

WALKING DOWN THE AISLE

In 2013, Kim was married to NBA basketball player Kris Humphries. Her makeup was exquisite, with a fresh-faced, formal feel to it. Her headpiece added an exotic edge to the classic makeup with drop diamonds. Her makeup artist Mario Dedivanovic claimed 'She wanted to look like the most polished and beautiful version of herself.'



FACE MAKEUP: For her skin, Mario used Crème de La Mer moisturiser and Terry Touche Veloutée concealer under her eyes to create a natural look. To contour her cheeks, he used a little Guerlain Teracotta bronzing powder.



WEDDING TO KANYE WEST

In 2014, Kim Kardashian married Kanye West in a lavish Italian ceremony. Although the wedding was thought to have cost around \$12 million, Kim's makeup kit cost under \$200. She primarily used Urban Decay and L'Oréal products to create a clean and flawless look that didn't distract from her stunning Givenchy wedding gown.

FACE MAKEUP

Mario used Urban Decay Naked Skin Liquid Foundation to create Kim's base. To construct her famous contoured appearance, he used Urban Decay Naked Flushed Highlighter, Bronzer and Blush for her cheekbones.

EYE MAKEUP

L'Oréal Paris Infallible Eyeshadow in Eternal Sunshine added a golden hue to her eyes along with Peverion Ink for Eyes by Urban Decay for the popular winged eyeliner look. To add length and volume, Kim used Kardashian Beauty individualist Lashes.

LIP MAKEUP

For colour, Mario used L'Oréal Paris Color Riche Extraordinaire Liquid in Nude Ballet and a Kardashian Beauty Honey Stick Lipgloss in Natural Honey to add shine and plumpness to the lips.

KONTOUR LIKE KIM

This has become one of the most iconic Kim Kardashian makeup looks. The main two products essential for this are: highlighter and bronzer.

The highlighter should be used on the top of the cheeks, under the eyebrows and down the ridge of the nose. This will create a shimmering glow to your skin.

- The bronzer should be used to add colour and definition to your face.

Using an angled brush, brush along the temples, cheekbones and under the chin. This action should mimic drawing a '3' onto your face.

- Kim tends to finish her look by using a rose-coloured blush to add more depth and colour.

BOLD LIPS

Kim is able to dress up a plainer outfit by applying a bolder choice of lipstick. Her favourite go-to colour is a bright shade of red, which perfectly complements her olive skin and hazel eyes.

It's important to wear lipsticks that suit your skin tone.

FAIR SKIN: Light pinks/peaches/beige/bold reds
MEDIUM SKIN: Medium pinks/red/apricot

OLIVE SKIN: Dark rose/dark reds/berry colours
DARK SKIN: Brownish reds/dark berry colours/dark fuchsias

- In order to create a similar look, it's important to line your lips first with lip pencil to ensure the matte lipstick stands the test of time.

- If, however, you prefer a glossy lip, a lip balm can be used over the top to add shine. This will also give the appearance of bigger lips.

EYE MAKEUP: Mario used Lancôme 5 Pan Eyeshadow Palette in Golden Frenzy, creating a soft, smoky eye. The golden shade was used for the whole lid, the darkest shade along the crease and the lightest shade across the entire brow bone. Lancôme Hypnôse Doll Lashes mascara was used in So Black.

LIP MAKEUP: YSL Dessin des Levres lip liner in Nude Beige, Lancôme L'Absolu Nu lipstick in Coral Sand, and Lancôme La Laque Fever lip gloss in Ravishing Coral.

Mario finished the look with Chanel Poudre Universelle Libre Natural Finish loose powder. This ensured the make-up remained flawless throughout the day.

FABULOUS FOOTWEAR

'Give a girl the right shoes, and she can conquer the world'- Marilyn Monroe

Kim is renowned for her love of heels and dedication to keeping up with all the most fashionable labels.

She has a collection of shoes that most women could only dream of owning. Brands include Giuseppe Zannotti, Givenchy, Christian Louboutin and Tom Ford.



BALMAIN

Kim wore Balmain shoes and dress at the MTV Music Awards 2014. As her dress was vibrant and full of colour, the black woven sandals complemented the outfit without distracting from the dress.



ALAÏA

These black suede studded T-bar sandals helped to dress up a fairly casual outfit for Kim. Black and khaki are two colours that complement each other beautifully. She completes the look with a black leather jacket to keep things contemporary.



GIVENCHY

Kim wears Givenchy peep-toe heels. The black sandal with a gold heel doesn't distract from the ornate brooch that she wears on her plain, black blazer.

TOM FORD

Black Tom Ford lace-up sandals worked perfectly with Kim's beige bodysuit and black bodycon skirt. The outfit was the perfect Parisian chic for the lead-up to her nuptials to Mr West.



BALMAIN

Chilly New York weather didn't stop Kim from wearing a low-cut white crop top with camouflage patterned combat trousers. The outfit is completed with beautiful khaki Balmain canvas lace-up boots. They work perfectly to add a tougher, more edgy look to her outfit.

GIUSEPPE ZANOTTI

Kim wears Kanye West's very own design for Giuseppe Zanotti from the Spring 2012 collection. These beautiful heels embroidered with pearls completed her neutral outfit. The fur stole and beige suede trousers are a perfect look for the colder winter months.



Shoes & Bags!

GIUSEPPE ZANOTTI

Kim was also spotted wearing Kanye West for Giuseppe Zanotti Spring 13 collection heels. These were the 'Cruel Summer' sandals that celebrated the release of Kanye's album; the heels echoed the album cover graphics. They're white leather with a sculpted heel and white patent leather flame design.

As well as a vast array of shoes, Kim's collection of handbags is also the envy of women across the world.



This gold box clutch was at the centre of Kim's all-black outfit. This added a pop of colour to a plain but chic ensemble.

On her 33rd birthday celebrations at Tao Nightclub in Las Vegas, Kim added a splash of colour to her all-white lace outfit with a Dolce & Gabbana Miss Dea Mosaic Clutch. This small clutch bag is heavily embellished with sequins and beads embroidered onto the body.



Novelty Chanel box clutch bag in the shape of the iconic Chanel No 5 perfume. This clear bag with white and gold chain is the perfect high fashion accessory.

This Hermès handbag was custom painted by Kim's daughter North West for her 34th birthday. This cute, quirky handbag took centre stage when paired with a full grey outfit.



The canary yellow Hermès Birkin bag is a high-end luxury item even for the rich and famous. The bag is available in a wide range of colours, but this bright pop of colour against Kim's outfit works perfectly.

HOW KIM HONEST HER CURVES

She's famous for her voluptuous body, so follow Kim and her trainer's tips to get her sexy figure and body confidence!

When we spoke to Kim, we were impressed by her refreshing attitude towards her body. The reality TV star is a huge name in Hollywood, where waif-like women are all the rage, yet she embraces her curves and doesn't listen to negative press about them. Instead, she loves her butt and accepts she has curves and that's never going to change!

That doesn't stop her from working out, though. In the past, she has trained with A-List trainer Gunnar Peterson four times a week – the same PT who has trained the likes of J-Lo and Angelina Jolie. They focus on strength moves mixed with cardio intervals.

Here are Kim and Peterson's top tips to pin-up curves and body confidence – no crazy diets included!

KIM SAYS...

ACCEPT WHO YOU ARE

'Being insecure is a choice. I remember feeling insecure at a young age because I developed earlier than the other girls at school. As I got older, I learnt to embrace my curves and accept myself. I focus on staying positive and accepting myself the way I am. Your imperfections are what make you beautiful.'

THIS ARTICLE FIRST APPEARED IN THE SEPT ISSUE OF HEALTH & FITNESS UK MAGAZINE. REPRODUCED WITH THEIR KIND PERMISSION!



WORDS: Lucy Miller; PHOTOGRAPHY: Big pictures; WORKOUT PHOTOGRAPHY: Tom Miles.
MODEL: Sammy @ W.Athletic; Nike Free Run 2 ID 3.0 trainers, £90, designed by us at NikeiD (nike.com).
BEAUTY: St Tropez tanning by Debra Penn at The Relax at Nuffield Health, St Albans (01727 816181)

HAVE A BACK-UP PLAN

'I love to keep my workouts consistent, but it can be hard with all the travelling. When I can't make it to the gym, I'll do lunges and abdominal exercises in my hotel room, and when I can't be bothered, I just think Beyoncé, Beyoncé, Beyoncé! I think her curves are beautiful! I'll also dig out my iPod. I have a fantastic playlist, which motivates me and gives me the energy to push right through to the end.'

FORGET SIZE ZERO

'I've never aspired to be a size zero – dress sizes are just a number. I love the curvy look, and especially love my butt. I do squats and lunges to accentuate this.'

DON'T BE SCARED OF WEIGHTS

'I love weight lifting, particularly lower body exercises. I know it's important to lift weights for muscle tone, but I'm also aware cardio's important for my body type, so I keep a balance of the two. I notice such a difference in my mind and body when I work out. When you look good, you feel good and vice versa.'

DON'T BE TOO STRICT

'I love salads with chicken, salmon and turkey burgers – without the bun. But I do treat myself. If I stuck to this diet all the time, I'd go mad. Life is short and being active is a way of life. I deserve a treat every now and then.'



PT GUNNAR PETERSON SAYS...



SAVE TIME IN THE GYM

Trainer Gunnar Peterson says Kim is one of the most grounded celebs he has worked with. 'She works out early in the mornings because she always has somewhere to be afterwards and works as hard as anybody I have in the gym. We do a 50-minute workout, with no dilly-dallying, two to four times a week, depending on her schedule.'

BUILD LEAN MUSCLE

'To give Kim an effective workout, I usually put four to eight multi-joint, big body movements into a circuit and we'll do these back to back without rest around two to four times through. After this, we'll do another circuit depending on time, with another three to five moves back to back.'

I don't tend to do cardio using machines because the interval cardio movements via our circuits are more than enough to elevate Kim's heart rate and give her a good cardio effect that burns fat while building lean muscle tissue.'

EAT AND SLEEP WELL

'I recommend Kim stays away from carbohydrates such as potatoes, pasta and bananas in the evenings and gets plenty of

sleep,' says Peterson. 'Getting your body into a relaxed state teaches it to trust you and let go of the stress hormone cortisol so you can start to shed fat.'

WORK WITH WHAT YOU HAVE

'The thing I love about Kim is she's very aware of her curves and realistic with her goals,' Peterson says. 'She works with her body type! There's no point in her trying to get wafer thin – that would be unrealistic, so instead we make sure the curves stay in the right places and are tight.'

BE CONSISTENT

'Kim works out regularly and hard when she's in the gym,' says Peterson. 'She also listens to her body and pushes that little bit harder when she needs to, but pulls back if she isn't feeling 100%. It's vital to listen to your body to avoid injury and overtraining.'

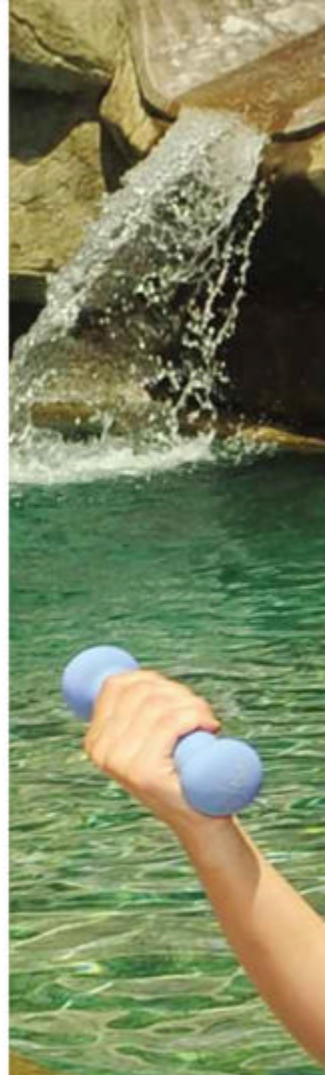


1 LUNGE WITH LATERAL RAISE

'Kim has a butt – anyone with a butt should do shoulder work, to balance things out,' says Peterson.

REPS: 20 SETS: 3
WORKS: Shoulders, abs, legs, gluteals

Stand with your feet hip width apart and a weight in each hand at your sides (far left). As you step back into a reverse lunge, raise the weights out to your sides at shoulder height (left). Lower the weights as you return to the starting position and repeat on the opposite leg.

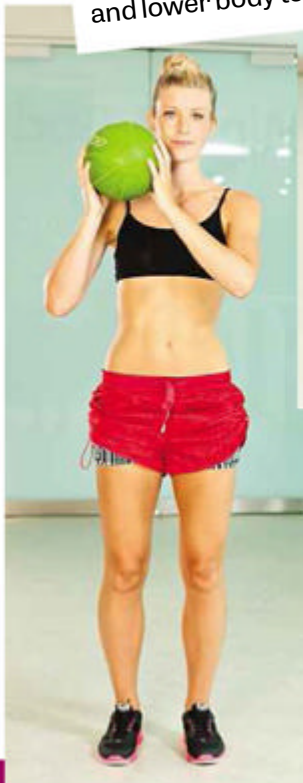


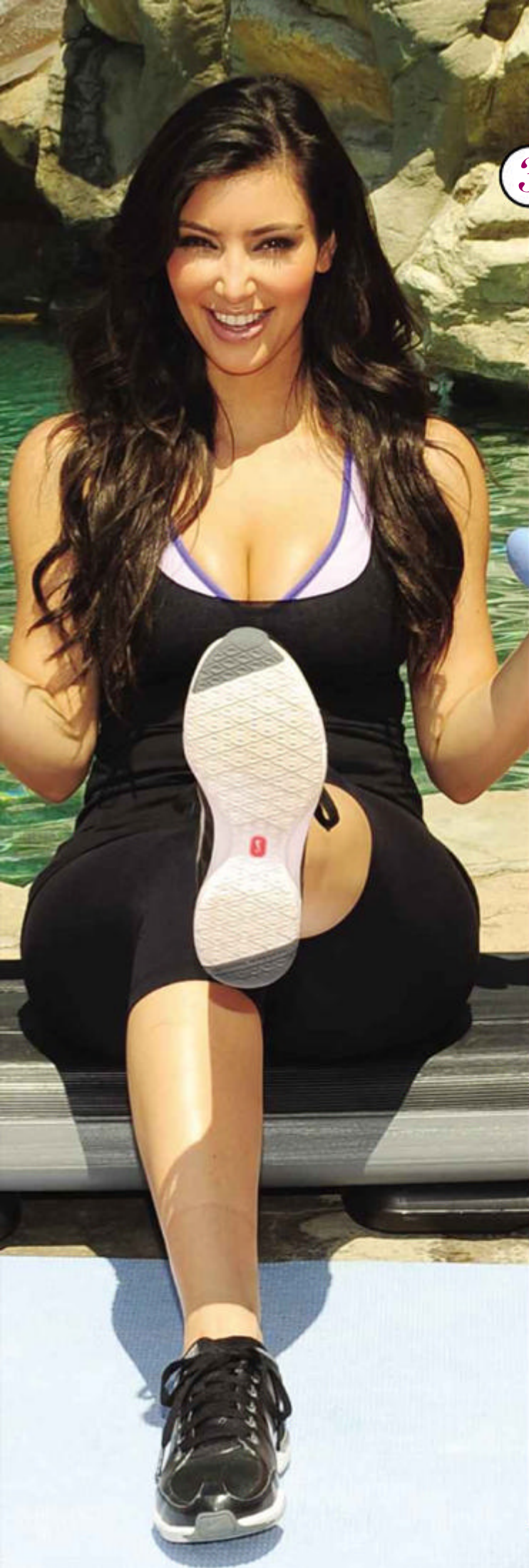
2 WALKING WOODCHOPS

'Woodchops help Kim work on her core and lower body tone,' says Peterson.

REPS: 20 (10 each side) SETS: 3
WORKS: Arms, gluteals, core, legs

Stand with your feet hip width apart and hold a medicine ball next to your right ear with your elbows bent (left). Step out to the left and lower into a lunge as you straighten your arms and arc the ball around so it's outside your left ankle (above). Bring your arms back up to the starting position as you step your right foot to meet the left (right). Do two woodchops to the left, then switch and do two to the right. Continue switching sides until you've done 20 reps.

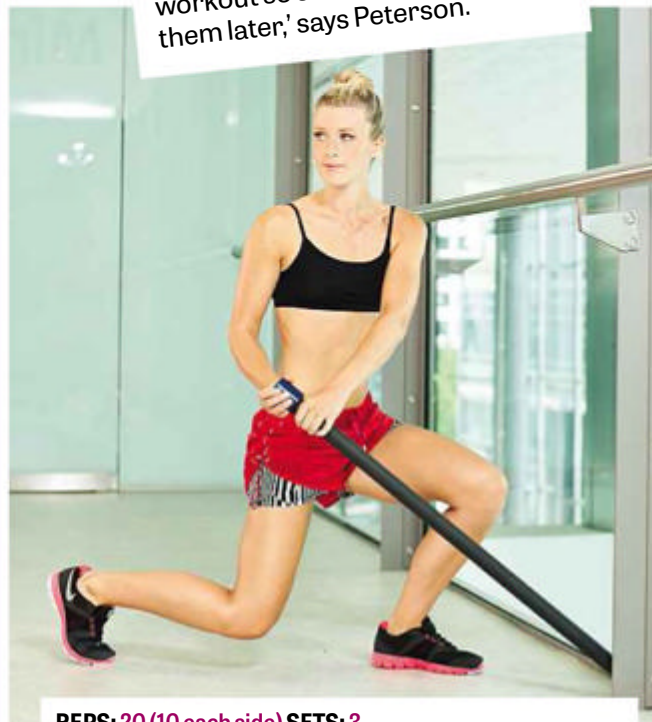




3

GRAPPLE TWIST WITH LUNGE

'I work abs moves into Kim's main workout so she's not too tired for them later,' says Peterson.



REPS: 20 (10 each side) **SETS:** 3
WORKS: Arms, gluteals, core, legs

Wedge a barbell bar into the corner of the room and hold the end of the bar with both hands. Rotate your upper body to the right and lower yourself into a lunge, bringing the barbell down towards your knee (above). Swing the bar back up as you stand (below). Repeat on the other side.



Exercise!

Kim's TRANSFOR

She's always denied trying anything but Botox, yet Kim's ever changing body has some suggesting otherwise



2005

A very fresh-faced Kim is joined by Kourtney on the red carpet E! Summer Splash 2005 in LA.

Kim has blossomed and grown since her emergence as a reality TV star in the mid-2000s. But it's not just her fashion and friends that have changed, with many noticing her face, body and bum each going through their own transformation.

THE FACE

Kim's face is as gorgeous as ever, but she certainly seems to have matured since she first hit the red carpet in 2005.



2006

Kim also looked pretty relaxed (and very natural) when attending the *Entourage* TV series premiere in 2006 with one time friend Paris Hilton.



2011

2011 finds Kim at the launch of *World's Most Beautiful* magazine in LA. Some allege her super-sculpted – and visibly lifted – cheeks are the result of cosmetic surgery. She, of course, denies this..

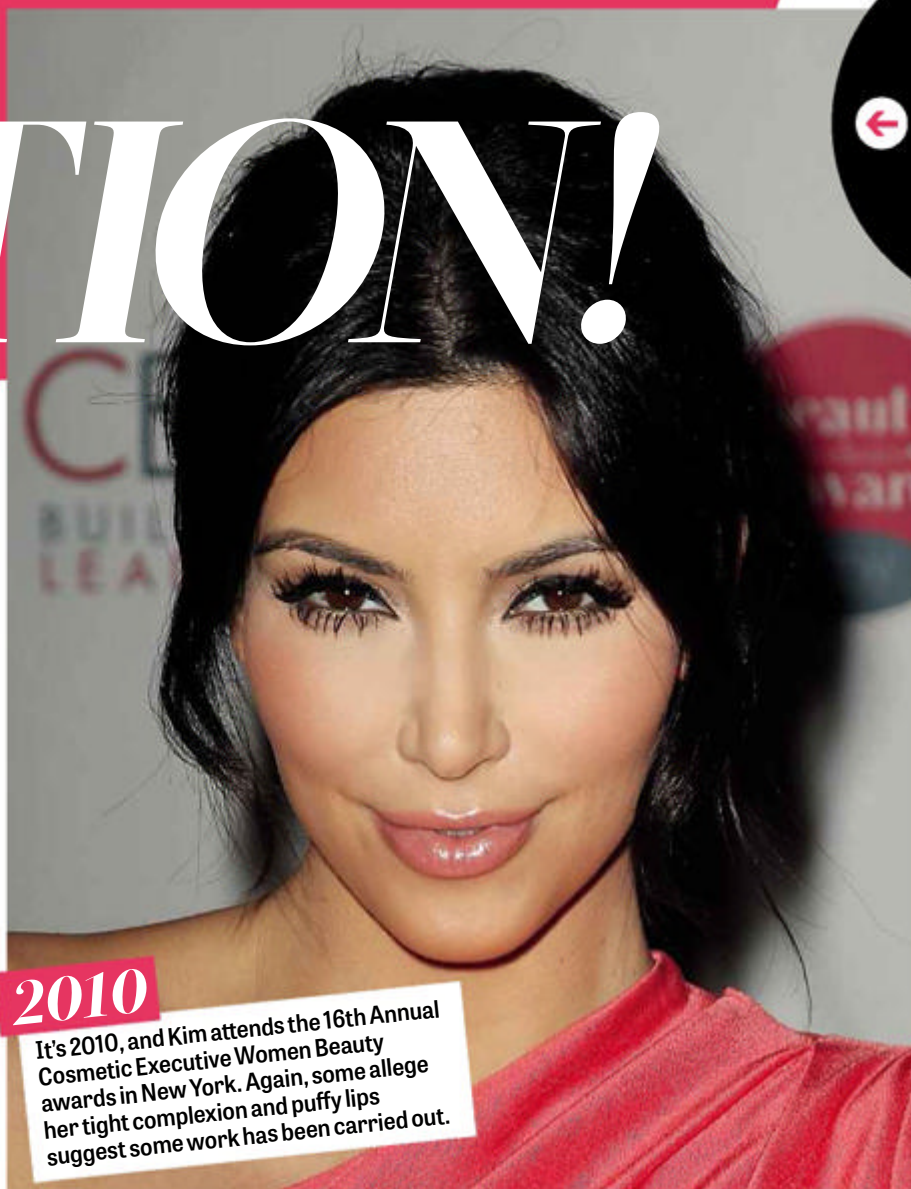
MATURATION!

Transformation!



2008

Kim's sporting a more refined look two years later, but those slightly swollen lips suggest she may have had work there. Similarly, the super-smooth features suggest a Botox session.



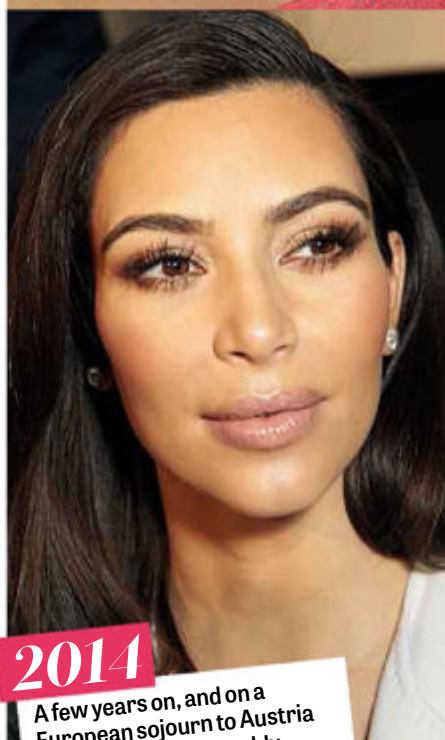
2010

It's 2010, and Kim attends the 16th Annual Cosmetic Executive Women Beauty awards in New York. Again, some allege her tight complexion and puffy lips suggest some work has been carried out.



2011

Kim's features look a lot more relaxed here, but her severe hairline and manicured eyebrows have some alleging she has taken part in some pretty severe threading action.



2014

A few years on, and on a European sojourn to Austria Kim is looking noticeably puffer than usual. The long haul flight, or something else?



2015

Kim's features are benefiting from some good contouring, and the start of 2015 shows the super-celeb employ a more natural look.



2006

Kim's body looks the definition of normal for a girl her age and size when she attends the Rock & Republic party during the 2007 Mercedes-Benz Fashion Week in 2006.

THE BODY

It's not just Kim's face that has changed over time. Her body may look the epitome of curvy perfection, but it hasn't always been that way...



2007

In early February 2007, Kim also looks naturally curvy at Mercedes-Benz New York Fashion Show.



2007

Towards the end of 2007, Kim starts displaying her cleavage a lot more and, while she has always denied having breast surgery, some allege that she may have undergone breast lift surgery.



2009-2010

Through 2009 and 2010, Kim's body stays consistently stable, here attending the launch of Christina Aguilera's album 'Bionic' (in white), and on the David Letterman show (in grey).



2013

Her body goes through huge changes during the pregnancy of her daughter, North.



2014

Out and about in NYC.



Transformation!

2014

Out and about in LA. It's after Nori's birth that we begin to see fairly seismic changes to Kim's body shape. She now sports a pronounced hourglass figure which could be the result of liposuction, which she denies.



2007

Vegas magazine's fourth anniversary party.

THE BUM

If there's one body part synonymous with Kim, it has got to be her bum. Admired and revered for its shape, size and splendour, the bum we stare at in awe today is actually quite different to the one Kim debuted in the mid-2000s.



2008

At the Verizon and People magazine party for Timbaland.



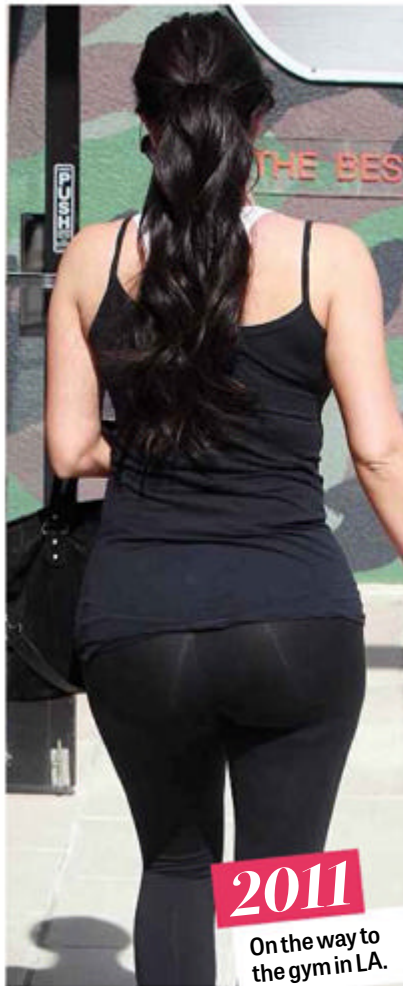
2009

Out and about in New York. Between 2007 and 2009, Kim's bum is simply another part of her body, quietly going about its business and blissfully unaware of the leading role it's about to take in the Hollywood story that Kim is writing for herself.



2010

Out and about in LA.



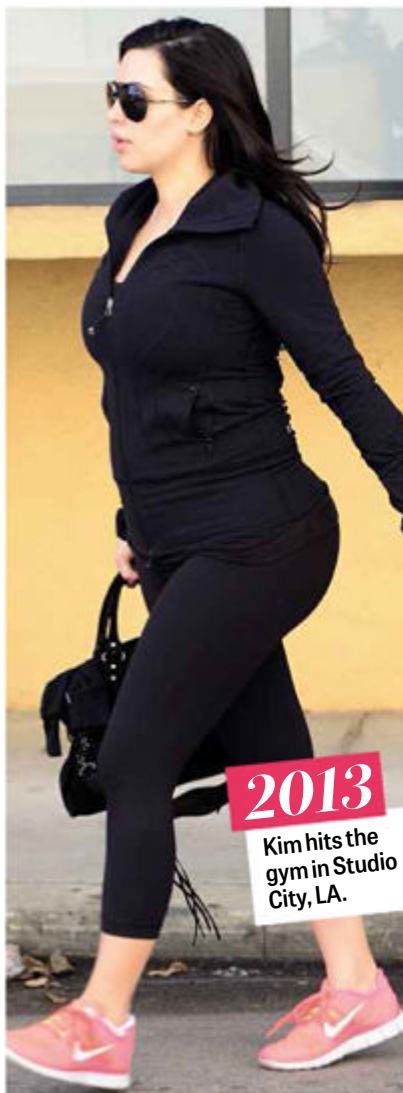
2011

On the way to the gym in LA.



2012

Out and about in Beverly Hills. As the new decade rolls around, Kim's derrière has noticeably swollen in confidence and size. The cause of such dramatic growth is not known – and Kim constantly rejects suggestions that cosmetic surgery is to blame – but some allege that fat injections of some description are the guilty party.



2013

Kim hits the gym in Studio City, LA.



2014

Out and about in a sunny LA.



Transformation!

2014

Out and about in a less sunny LA. From 2013 onwards, Kim's rear end continues to dominate the headlines and attract malicious stories in the tabloids. We may never know the truth about the transformation of her bum from bit-part player to lead protagonist in the Kardashian saga, but it's certainly interesting to watch unfold.

FRIEND

Kim has an almost unending supply of friends, many of which she loves to splash across her Instagram feed. Let's take a look at some of her nearest and dearest



JONATHAN CHEBAN

An age-old friend of Kim's (who regularly features on *Keeping Up* and its spin-offs), Jonathan is a publicist by trade. He founded a very successful consultancy called Command PR, but sold out to his partner Simon Huck a few years back.

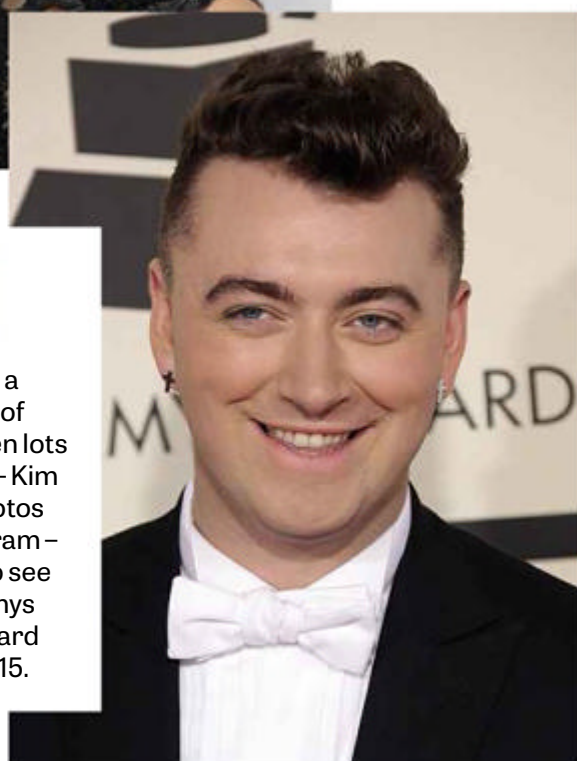


NICOLE RICHIE

A childhood friend of Kim's, who also attended the University of Arizona with Kourtney, Kim and Nicole are occasionally spotted together, and Nicole attended Kim's baby shower when she was pregnant with North.

SAM SMITH

British singer Sam is a relatively new friend of Kim's, but they've seen lots of each other of late – Kim sharing plenty of photos of the two on Instagram – and Kim was there to see Sam win four Grammys at a star-studded award show in February 2015.



S!

THE OBAMAS

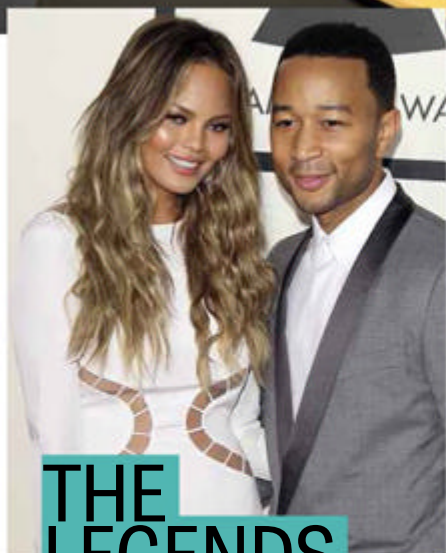
You don't get a more powerful friend than the President of the US. Kim and Kanye met Obama at the White House in October 2014, and Kim recently Instagrammed a photo of the meet, which Obama had signed for her.



Friends!

CARA DELEVINGNE

Another British friend of Kim's, the supermodel is also great friends with the Jenner girls, Kylie and Kendall. She makes regular appearances with Kim on Instagram, and they even appeared together in *Love* magazine.

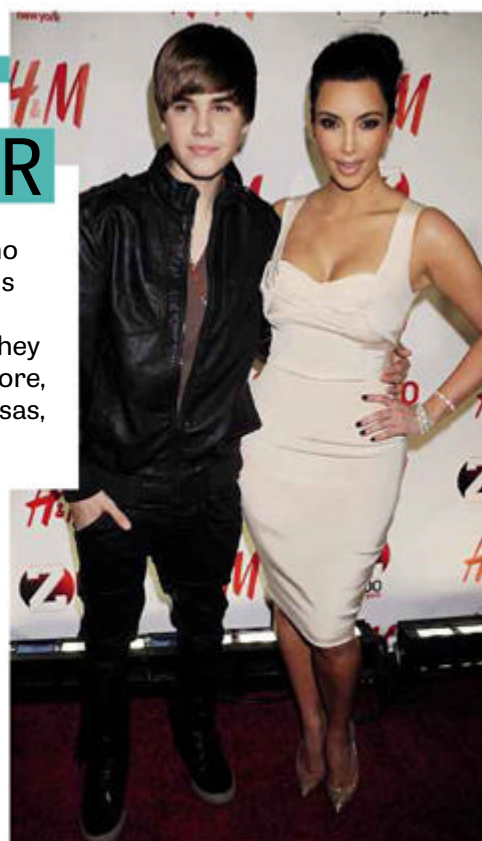


THE LEGENDS

Kim is friends with the Legends through Kanye, but the couples are often seen out and about together, which Kim, naturally, happily shares on Instagram. John's wife is Chrissy Teigen, a *Sports Illustrated* model.

JUSTIN BIEBER

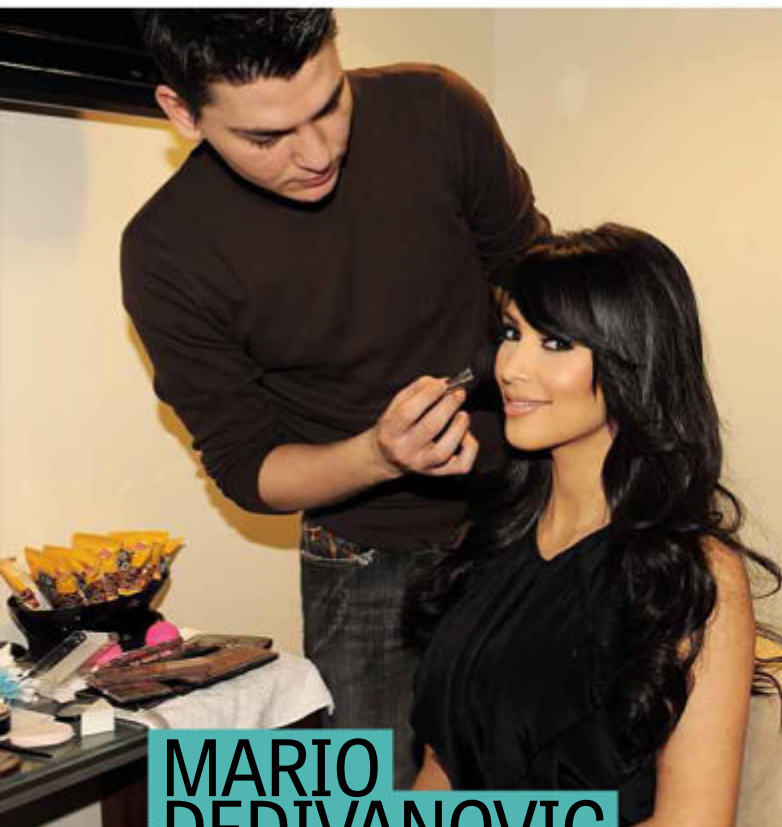
Despite the age difference (13 years, no less), Kim and Justin have been friends for a long time, and used to regularly tease the press and their public that they were romantically involved. What's more, Khloé K now lives in a house in Calabasas, California, that Justin used to own!





LOREN RIDINGER

An old pal of Kim, and a regular face on her Instagram feed, Loren is a businesswoman and senior vice-president of online shops marketamerica.com and SHOP.com.



MARIO DEDIVANOVIC

Mario is Kim's makeup artist, and rarely far from her side. A pioneer of 'contouring' (see p57), he also regularly does Khloé, Kourtney and Kris Jenner's makeup.



FRENCH MONTANA

French – real name Karim Kharbouch – is friends with Kim through her sister Khloé. There has been a long-rumoured romance between the younger Kardashian and Mr Montana, but nothing concrete confirmed. Kim and French were seen partying together in Dubai in 2014.

FALLOUTS AND SPATS!

Kim is one of the sweetest, friendliest celebs in all of Hollywood, and her tonnes of friends bare testament to that. But, just like everyone else, every now and again she falls out with people, sometimes with explosive consequences!



BEYONCÉ

Her relationship with Beyoncé is a strange one! On paper, this should be a friendship made in Hollywood heaven, but the reality – as with everything in life – is allegedly a little different! There's no doubting Kim's desire for her and Kanye to be the ultimate power couple, and there are rumours that Kim muscling in on Jay-Z, Bee and Kanye's happy team may have rubbed someone up the wrong way... that person being Beyoncé! This even led to Jay-Z and Bee not attending the Kimye wedding!



Fallouts!





JONATHAN CHEBAN

Jonathan has been Kim's BFF for years, but that doesn't mean the two haven't occasionally come to blows. The most notable dust-ups happen when Kim accuses Jonathan of leaking Kardashian family secrets to the press. This happened most recently on an episode of *Kourtney and Khloé Take The Hamptons*, when Kim looked through Jonathan's phone for suspicious emails.

CHELSEA HANDLER

Ms Handler, the host of comedy show *Chelsea Lately*, seems to have it in for Kim and the Kardashian gang. She's constantly mocking them on Instagram, and she has allegedly been quoted in the press as having had enough of Kardashian success. We wonder what her problem is – a case of the green-eyed monster maybe!



PARIS HILTON

Kim and Paris grew up as friends, and the Hilton heiress even employed Kim as her assistant and stylist! Unfortunately, as Kim's meteoric star rose, Paris' seemed to wane, and this may have led to some resentment. Their relationship looked in trouble in 2008 when Paris told a radio show she thought Kim's bum looked like a cottage cheese in a bin bag (charming), and in 2011 she walked off *Good Morning America* when asked if she thought her popularity was waning largely due to the rise of stars such as Kim.



KARDASHIANS KOLLIDE!

Fallouts!

It's not just friends and other celebs Kim falls out with. As with all close families, sometimes it's the nearest and dearest you can hurt the most, and that's certainly the case with Kim

KRIS JENNER

Kim and Kris (her momager) had a set-to on Instagram at the end of 2014 when Kris revealed Kim had sent her an email telling her she needed to up her game on the style front. There were rumours that a rift between the two had grown so big that Kim wasn't going to attend Kris' annual Christmas party, although in the end she did.



KHLOÉ

Kim and Khloé's most famous falling out happened in 2011, when Khloé woke up her older sister to say goodbye, before disappearing off to The Hamptons with Kourtney. It threw Kim into such a rage that she sent Khloé an infamous message, calling her an 'evil, ugly little troll'. Sisterly love. You can't beat it!



KOURTNEY

A *Keeping Up With The Kardashians* Season 10 teaser trailer suggests a huge row between Kim and Kourtney over the use of Kourtney's image in Kim's app. Kourtney, it seems, is after payout for the use of her image in the app, and it's fair to say that Kim's reaction is...strong!



ROB

Rob's weight gain has obviously caused problems in his relationship with Kim. She allegedly was keen for her brother to lose weight for her wedding to Kanye in 2014, but this offended him so much that he left Paris immediately (days before the wedding) and didn't even attend the big day.

100% UNAUTHORISED

KIM *Kardashian!*

She's one of the world's most famous, glamorous and photographed women, but what makes Kim tick? We check out the Krazy world of the Kardashian middle child, and take an in-depth look at her:

FAMILY

BUSINESS EMPIRE

ROMANCES

**TRANSFORMATION
TO A-LIST CELEB**

And we even guide you through Kim's most famous looks, teach you how to recreate them, and include the exercises you need to get that famous body!

Celeb Special:

